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Guide to Federal Government *Programs and Services* for Women 1999-2000



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Guide to
Federal Government
Programs and Services
for Women
1999-2000





Canadian Cataloguing in Publication Data

Main entry under title:

Guide to federal government programs and services for women

Issued also in electronic format on the Internet.

Includes bibliographical references.

ISBN 0-662-27747-3

Cat. No. SW21-37/1999E

1. Women — Services for — Canada.
2. Native women — Services for — Canada.
3. Businesswomen — Services for — Canada.
4. Women — Services for — Canada — Social aspects.
1. Status of Women Canada.

HV1448.C2G85 1999 363.8'38'0971 99-980162-7

Guide for Women

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This publication is available electronically on the Status of Women Canada Web site at:

<http://www.swc-cfc.gc.ca>

Alternative format

The Guide of Federal Programs and Services for Women is also available in alternative formats on request.

Contact Public Enquiries/Distribution at the numbers listed below.

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Également disponible en français sous le titre :

Guide des programmes et services du gouvernement fédéral à l'intention des femmes 1999-2000



Introduction

*T*he *Guide to Federal Government Programs, Services and Products for Women* contains brief descriptions of a variety of initiatives that are currently available to help improve the status of women and children in Canada. Included are initiatives available both to individual women and to organizations which work with women. Each description lists basic information as well as key contacts and Internet addresses for additional information. The Guide also references 11 other federal government guides to help women access additional non gender-specific programs and services.

When reviewing the information, please keep in mind that free public access to the Internet is available at many schools, libraries, employment centres and through Community Access Program (CAP) sites located in many rural and remote communities across Canada.

Readers are invited to provide comments and suggestions for improvements by completing the feedback sheet at the back of this guide and sending it to:

Guide for Women
Communications and Consultations
Status of Women Canada
350 Albert Street, 5th Floor
Ottawa, ON K1A 1C3

Fax: (613) 957-3359
E-mail: vilas@swc-cfc.gc.ca

Please note that information in this Guide is subject to change without notice. It is therefore recommended that you contact the department or agency responsible to ensure that you have the latest information.

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Feedback Sheet

Aboriginal Women

1.1 Aboriginal Friendship Centres Program

Aboriginal Friendship Centres provide services in areas such as housing, education, health, employment, recreation and human resource development. They also work in cooperation with municipal/provincial authorities on crime and violence prevention by sponsoring diversion and community healing/wellness programs for Aboriginal youth. Many centres also provide early child development and family-related services under agreements with the Aboriginal Head Start Initiative.

For more information, contact the Citizens' Participation Directorate at Canadian Heritage:

Tel.: (819) 994-3835
Fax: (819) 953-2673
Internet: <http://www.pch.gc.ca>

1.2 Aboriginal Health

Health Canada's Medical Services Branch

Health Canada's Medical Services Branch works in partnership with First Nations and Inuit to ensure the provision of health services, programs and initiatives directed at First Nations on-reserve and Inuit communities. These activities are mainly holistic, community-based and managed, and are directed at the community as a whole, including women and their children. Funding for most programs is allocated directly to communities through the Medical Services Branch regional offices. Programs of particular interest to women include:

Aboriginal Head Start On Reserve Designed to encourage the development of locally controlled projects in First Nations communities, this program aims to prepare young First Nations children for their school years. Program components include: culture and



language, education, health promotion, nutrition, social support and parental involvement.

The Canada Prenatal Nutrition Program — First Nations and Inuit Component

Using a community-based approach, the goal of this program is to improve the health of high-risk pregnant women and their babies. The program also encourages healthy nutrition throughout the baby's first year with particular emphasis on breastfeeding.

Brighter Futures Initiative - First Nations and Inuit Component This initiative provides funding and technical expertise for community-based and managed mental health and child development initiatives, including culturally appropriate parenting skills, childhood injury prevention, youth activities and mental health programs.

Building Healthy Communities is designed to address priority service gaps in the areas of mental health, solvent abuse and home care nursing. The program includes a transfer strategy that helps First Nations and Inuit communities take control of their own health resources.

National Native Alcohol and Drug Abuse Program The major goal of this program is to support First Nations and Inuit people and their communities in establishing and operating programs aimed at eliminating or reducing high levels of alcohol and other drug abuse in their communities. There are currently about 550 community-based prevention programs and 53 alcohol and other drug treatment centres operating under this program.

HIV/AIDS Just as the number of HIV/AIDS cases has risen among Canadian women in general, HIV/AIDS has also risen steadily among Aboriginal women. The Medical Services Branch provides funding to First Nations and Inuit communities, and to national Aboriginal organizations, to develop and provide HIV/AIDS education and prevention programs and resources.

For more information about these and other programs, contact your community health office, or the regional office of Health Canada's Medical Services Branch:

Atlantic

Tel.: (902) 426-3646

Fax: (902) 426-8675

Quebec

Tel.: (514) 283-4774

Fax: (514) 283-7392

Ontario

Tel.: (613) 952-0087

Fax: (613) 952-5748

Manitoba

Tel.: (204) 983-4171

Fax: (204) 983-0079

Saskatchewan

Tel.: (306) 780-5413

Fax: (306) 780-7733

Alberta

Tel.: (403) 495-2690

Fax: (403) 495-2687

Pacific

Tel.: (604) 666-3235

Fax: (604) 666-3753

Yukon

Tel.: (867) 393-6778

Fax: (867) 393-6772

or, visit Health Canada's Web site:

Internet: <http://www.hc-sc.gc.ca/msb>

Non-Insured Health Benefits Program

This program provides registered Indian, recognized Inuit, or Innu in Canada with certain medical services that are not covered by a provincial/territorial health plan or a third-party coverage plan. These services include drugs, medical supplies and equipment, dental services, vision-care goods and services, medical transportation, crisis prevention, medical health crisis counselling and, in certain provinces, healthcare premiums.

To find out more about this program, contact the Non-Insured Health Benefits Program at Health Canada:

Toll-free: 1-800-259-5611

Internet: <http://www.hc-sc.gc.ca/msb/nihb>

First Nations Child and Family Services Program

The Department of Indian Affairs and Northern Development wants to ensure that First Nations children and families living on reserve have access to culturally sensitive child and family services within their communities — services comparable to those available to other provincial residents in similar circumstances. The First Nations Child and Family Services Program provides funds for the development and establishment of organizations providing child and family services. These organizations receive delegated authority from the provinces and function in accordance with provincial legislation.

For more information about this program, contact the Community Development Directorate at Indian Affairs and Northern Development:

Tel.: (819) 994-7242
Fax: (819) 953-3321
Internet: <http://www.inac.gc.ca>

1.3 Aboriginal Seniors

Reaching Out: A Guide to Communicating with Aboriginal Seniors

This guide was designed as a reference tool for federal employees and officials of other governments and organizations to help them deal with Aboriginal people. Sections in the guide include: Using the Right Terms, National Aboriginal Organizations and Media, Charts on the Information Needs of Aboriginal Seniors, and Information Gathering Patterns of Aboriginal Seniors and Other Community Members.

For more information, contact Health Canada's Division of Aging and Seniors:

Tel.: (613) 952-7606
Fax: (613) 957-7627
E-mail: seniors@hc-sc.gc.ca
Internet: <http://www.hc-sc.gc.ca/seniors-aines>

1.4 Aboriginal Women and Work

Aboriginal Business Canada

Thousands of Aboriginal women own small businesses in Canada today. Aboriginal Business Canada (ABC) provides business services, information and financial support to Canadian Status and Non-Status Indians, Inuit, and Métis individuals, associations, partnerships or other legal entities, both on and off reserve. This support is focussed on key strategic priorities for the growth of the Aboriginal business sector:

- trade and market expansion (including Aboriginal Tourism);
- Youth Entrepreneurship Development;
- Innovation; and
- strengthening Aboriginal financial and business organizations.

ABC's goal is to develop a competitive, sustainable Aboriginal economy actively linked with the economies of Canada and the world; one which is based on traditional Aboriginal values and led and managed by Aboriginal entrepreneurs.

For more information about Aboriginal Business Canada and its services and support to small business, visit the program's Web site:

Internet: <http://abc.gc.ca>

or contact Aboriginal Business Canada in your region:

Atlantic - Halifax

Tel.: (902) 426-2018

Fax: (902) 426-1643

E-mail: abc.halifax@ic.gc.ca

Quebec - Montreal

Tel.: (514) 283-1828

Fax: (514) 283-1843

E-mail: abc.montreal@ic.gc.ca

Ontario - Toronto

Tel.: (416) 973-8800

Fax: (416) 973-2255

E-mail: abc.toronto@ic.gc.ca

Manitoba - Winnipeg

Tel.: (204) 983-7316

Fax: (204) 983-4107

E-mail: abc.winnipeg@ic.gc.ca

Saskatchewan - Saskatoon

Tel.: (306) 975-4329

Fax: (306) 975-5334

E-mail: abc.saskatoon@ic.gc.ca

Alberta - Edmonton

Tel.: (403) 495-2954
Fax: (403) 495-4172
E-mail: abc.edmonton@ic.gc.ca

British Columbia - Vancouver

Tel.: (604) 666-3871
Fax: (604) 666-0283
E-mail: abc.vancouver@ic.gc.ca

National Office - Ottawa

Tel.: (613) 954-4064
Fax: (613) 957-7010
E-Mail: abc.ottawa@ic.gc.ca

Indian and Inuit Health Careers Program

Funding is available both to Aboriginal students qualified to pursue post-secondary education in the health field and to various post-secondary educational institutions to develop student support and counselling services, curriculum enhancement and access programs for entry into health studies. The Indian and Inuit Health Careers Program includes orientation to health careers, on-the-job training, as well as bursaries and scholarships based on financial need.

Aboriginal students interested in obtaining a bursary or scholarship, should contact the National Aboriginal Achievement Foundation:

Tel.: 1-800-329-9780
(416) 926-0775 (in Toronto)
Fax: (416) 926-7554
E-mail: naaf@istar.ca
Internet: <http://www.naaf.ca>

or, contact Health Canada's Medical Services Branch:

Tel.: (613) 954-8779
Fax: (613) 954-8107
Internet: <http://www.hc-sc.gc.ca/msb>

1.5 Guide to Federal Initiatives for Urban Aboriginal People

This guide provides information on a variety of programs and services that may be of particular interest to Indian, Inuit and Métis people located in urban centres throughout Canada. The information ranges from arts and culture, to education and training, to economic development, policing and health.

For more information or copies of the guide, contact the Information and Research Centre at the Privy Council Office:

Tel.: (613) 957-5153
Fax: (613) 957-5043
E-mail: library@pco.gc.ca
Internet: http://canada.gc.ca/depts/agencies/pco/aborguide/guide_e.html

or contact Aboriginal Affairs at the Privy Council Office:

Toll-Free: 1-888-511-4444
TTY: 1-800-465-7735

1.6 Housing

Emergency Repair Program

Aboriginal and other homeowners with a limited household income who are living in a rural or remote area may be eligible to receive non-repayable contributions for repairs to make their home safe. (For details, see Women in Rural and Remote Communities, section 11.4)

Urban Native Non-profit Housing Program

Assistance is provided to urban Aboriginal-owned non-profit housing corporations for the operation of subsidized rental housing. Organizations requiring assistance and Aboriginals in need of low-cost, adequate and suitable rental housing should contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

Toll-free: 1-800-668-2642
TTY: 1-800-309-3388
Fax: (613) 748-4069
Internet: <http://www.cmhc-schl.gc.ca>
<http://www.cmhc-schl.gc.ca/ah-al/en/erp.html>
(Emergency Repair Program)

1.7 Policy-Making

Aboriginal Women's Program

Aboriginal women's voices need to be heard. That's why the federal government provides financial and technical support to not-for-profit Aboriginal women's organizations, including three national organizations (Native Women's Association of Canada, Pauktuutit Inuit Women's Association, Métis National Council of Women) and some 75 provincial/territorial/community women's groups. This support is designed to help the organizations influence policies, programs, legislation and decision-making that affect the social, cultural, economic or political well-being of Aboriginal women within their own communities as well as within Canadian society.

Activities and projects being undertaken by these women's groups include representation, leadership development and training, cultural retention and preservation, economic well-being and the improvement of social conditions.

The Aboriginal Women's Program administers the Family Violence Initiative and the Self-government Initiative. Both initiatives support Aboriginal women's groups at the national, provincial, regional, community and neighbourhood levels, which clearly demonstrate the active participation and representation of Aboriginal women.

Family Violence Initiative This initiative supports Aboriginal women's groups who examine, develop and implement holistic and culturally appropriate responses to violence in the immediate and extended families of Aboriginal peoples living *off-reserve*.

Self-government Initiative This initiative assists Aboriginal women, especially at the community level, to:

- develop their own positions, processes, strategies and research in relation to self-government;
- participate and partner with other Aboriginal and women's groups/organizations as well as Aboriginal governments on self-government initiatives; and
- inform Aboriginal women on this very critical issue affecting their lives and those of their children and families.

For more information about local women's organizations, contact the nearest regional or district office of Canadian Heritage:

Atlantic

Tel.: (506) 851-7066

Fax: (506) 851-7079

Quebec

Toll-free: 1-800-463-6769

Tel.: (514) 283-2332

Ontario

Toll-free: 1-800-839-8221

Tel.: (416) 954-9243

Prairies, Northwest Territories, Nunavut

Tel.: (204) 983-3601

Fax: (204) 984-6996

Alberta

Toll-free: 1-800-748-7275

Tel.: (403) 292-4401

Pacific and Yukon Territory

Tel.: (604) 666-0176

or contact the Citizen's Participation Directorate at Canadian Heritage:

Tel.: (819) 994-2122

TDD: (819) 994-4957

Fax: (819) 953-2673

Internet: <http://www.pch.gc.ca>

Participation in Multilateral Conferences on International Indigenous Issues

Aboriginal women's organizations interested in international issues with respect to human rights, indigenous rights, traditional knowledge, circumpolar affairs, biological diversity, intellectual property rights and related matters may be eligible for assistance to attend consultations or conferences on these issues.

For more information about international indigenous issues and appropriate contact persons, and to find out who might receive assistance, contact the Aboriginal and Circumpolar Affairs Division at the Department of Foreign Affairs and International Trade:

Tel.: (613) 992-6356 or (613) 944-9173

Fax: (613) 944-0758

Internet: <http://www.dfait-maeci.gc.ca>

1.8 Women Offenders

Aboriginal Community Corrections Initiative

Under this initiative, the Solicitor General of Canada funds a limited number of pilot projects to test and evaluate treatment offered to offenders in Aboriginal communities that take a holistic and healing approach to community wellness, and supports the development of urban corrections strategies for Aboriginal offenders. Proposals for funding can be made by First Nations, community groups or Aboriginal organizations with a mandate and capacity to provide services to offenders within a restorative/healing process.

For more information, contact the Solicitor General Canada's Aboriginal Corrections Policy Unit.

Tel.: (613) 991-2832

Fax: (613) 990-8295

E-mail: Abocor@sgc.gc.ca

Internet: <http://www.sgc.gc.ca>

Native Courtworker Program

This program provides non-legal counselling for Status and Non-Status Indians, Métis and Inuit individuals involved in the criminal justice system. Courtworkers help Aboriginal people understand the nature of the criminal charges against them and refer them to legal or other resources. They also encourage courts to understand and take into account the culture, values, traditions and socio-economic backgrounds of Aboriginal people. The program, delivered mainly by Aboriginal organizations, is cost-shared between the federal, provincial and territorial governments. It exists in all provinces and territories, except New Brunswick and Prince Edward Island.

To find the nearest organization providing courtworker services, contact Justice Canada:

Tel.: (613) 957-9581

Fax: (613) 941-2269

Internet: <http://canada.justice.gc.ca>

Okimaw Ohci Healing Lodge

To address the special needs of Aboriginal women in the federal corrections system, the federal government has set up the Okimaw Ohci Healing Lodge in Maple Creek, Saskatchewan. The first institution of its kind, it was developed with and for the First Nations community. Sixty per cent of the staff are of Aboriginal descent, and the operation of this facility is based on Aboriginal teachings and philosophy, with a strong emphasis on Aboriginal culture and spirituality.

For more information about the Healing Lodge, visit Correctional Service Canada's Web site:

Internet: <http://csc-scc.gc.ca>

or contact the Office of the Deputy Commissioner for Women:

Tel.: (613) 992-7033

Fax: (613) 992-4692

E-mail: nancystableforth@NHQ.csc-scc.x400.gc.ca

Programming for Aboriginal Inmates and Released Offenders

A number of Aboriginal-specific programs and services are available to meet the correctional needs of offenders in federal institutions, including:

- the provision of Elders' Services to address spiritual and cultural needs;
- the Native Liaison Service which bridges the communications gap between Aboriginal inmates and the largely non-Aboriginal staff;
- Addictions Treatment; and
- Release Planning that provides liaison between offenders and Aboriginal communities for effective reintegration.

Half-way Houses Correctional Service Canada supports six halfway houses, operated by Aboriginal organizations, that have been established to meet the needs of conditionally-released Aboriginal offenders. Aboriginal organizations interested in submitting proposals for the care and custody of offenders in their communities should contact the Aboriginal Program at Correctional Service Canada.

Other Programs Additional Aboriginal programs are available on a regional basis. These include: Aboriginal specific Sex Offender Treatment at various institutions; the Way of Life and Balanced Lifestyle Program, integrated treatment that includes cognitive skills training, family life exploration, addictions treatment and academic

training; and Brotherhood and Sisterhood Groups that help Aboriginal inmates to engage in self-help activities.

Contracts for the provision of programs and services to inmates in federal institutions are generally tendered. Aboriginal organizations interested in receiving Requests for Proposals should visit Correctional Service Canada's Web site:

Internet: <http://csc-scc.gc.ca>

or contact the Aboriginal Program at Correctional Service Canada:

Tel.: (613) 995-2557

Fax: (613) 995-8964

2

Women in Business

A number of resources are available to women interested in starting or expanding their business or who would like to export their products or services.

2.1 Aboriginal Business Canada

Aboriginal Business Canada provides business services and support to Canadian Status and Non-Status Indians, Inuit, and Métis individuals, associations, partnerships or other legal entities which are wholly or partly owned or controlled by Aboriginal people, on or off reserve. (For details, see Aboriginal Women, section 1.4 above.)

2.2 Region-Specific Assistance

The Atlantic Virtual Women's Business Bureau

Sponsored by the Atlantic Canada Opportunities Agency, the Maritime Provinces, and various non-government organizations, this Internet-based "virtual business bureau" is a one-stop shopping centre for women in business, providing resource materials, business links, chat lines and professional help for women at all stages of planning and growing a business.

For more information, visit the virtual bureau at:

Internet: <http://www.bizbureau.com>

Western Canada

Entrepreneurs with Disabilities Program

This program ensures easy access to business services; access to loan funds up to \$75,000, for people who are unable to obtain financing from traditional lenders; as well as other support mechanisms. (For details, see Women with Disabilities, section 5.3)



Women's Enterprise Initiative

With funding from Western Economic Diversification Canada, four independent non-profit groups, one in each Western province (British Columbia, Alberta, Saskatchewan, Manitoba), have each set up their own support mechanism for women-owned or controlled businesses. Each group provides women entrepreneurs 18 years and older with business counselling, information, referrals, networking, mentoring, loans on commercial terms, pathfinding to existing services, plus a variety of unique products and services tailored to meet their needs.

To find out more, contact the nearest Women's Enterprise centre, or Western Economic Diversification Canada:

British Columbia

Women's Enterprise Society of B.C.

Toll-free: 1-800-643-7014

E-mail: weshc@silks.net

Internet: <http://strategis.ic.gc.ca/SSG/mi03293e.html>

Alberta

Alberta Women's Enterprise Initiative Association

Tel.: 1-800-713-3558

E-mail: aweia@compusmart.ab.ca

Internet: <http://www.compusmart.ab.ca/aweia/>

Saskatchewan

Women Entrepreneurs of Saskatchewan Inc.

Toll-free: 1-800-879-6331

E-mail: women@the.link.ca

Manitoba

Women's Enterprise Centre

Tel.: 1-800-203-2343

Internet: <http://www.mbnet.mb.ca/wec>

or

Western Economic Diversification Canada

Toll-free: 1-888-338-WEST (9378)

Internet: <http://www.wd.gc.ca>

2.3 Resources for Business Women

Businesswomen in Trade Web Site

This Web site provides an Internet entry point to a wealth of information on how to prepare for, and succeed in, the export marketplace. Included are: an online assessment, *Exporter Preparation and Export Readiness*; the strategies of successful women exporters; how to register in WIN Exports, a database for Canadian exporters to receive trade leads and export information; information on financial resources, surveys and studies of women in trade; and a calendar of upcoming businesswomen events. There are also direct links to other Internet sites of interest to Canadian businesswomen. For more information, visit the Web site at:

Internet: <http://www.infoexport.gc.ca/businesswomen/menu-e.asp>

or contact Export Services, Small and Medium-Sized Enterprises at the Department of Foreign Affairs and International Trade:

Tel.: (613) 944-0634

Fax: (613) 995-5773

Financing a Small Business: A Guide for Women Entrepreneurs

Whatever sectors of the economy women entrepreneurs choose to enter, at some point they will need to finance their venture. This brochure has been written specifically for women as a quick guide to external financing for a small business at any stage of its development. The brochure includes information on preparing a business plan, determining your financial needs, ways to finance your business, when to look for external financing, standard lending practices and evaluating loan proposals.

To obtain a copy of the guide, contact the Business Development Bank of Canada:

Toll-free: 1-888-INFO-BDC (1-888-463-6232)

Tel: (514) 283-5904 (in Montreal)

Internet: <http://www.bdc.ca>

Her Own Way: Advice for the Woman Traveller

This information-packed booklet provides tips on everything from lessening culture shock when travelling, to appropriate dress in countries with dress codes for women, to personal safety. It also includes sections on: expectations for business women travelling abroad, pregnant travellers, nursing mothers and older travellers, as well as a list of addresses and telephone numbers of all Canadian missions around the world.

For a free copy of this booklet, contact the Enquiries Service at the Department of Foreign Affairs and International Trade:

Toll-free: 1-800-267-8376

Tel.: (613) 944-4000

Internet: <http://www.dfait-maeci.gc.ca/travel/consular/16009-e.htm>

Resources for Business Women

Resources for Business Women is an Internet-based directory containing links to both government and non-government programs and articles geared to business women. To find out more, visit Industry Canada's *Strategis* Web site:

Internet: <http://strategis.ic.gc.ca> (in *Advanced Search Feature*, type: "Resources for Business Women")

Your Guide to Government of Canada Services and Support for Small Business

This detailed guide provides a wealth of information on federal programs and services for small businesses, including information on getting started, financing, business management, international trade, and a host of other government services and programs as well as key contacts. The guide is available free by contacting Distribution Services at Industry Canada:

Tel.: 1-800-328-6189

Fax: (613) 954-6436

Internet: <http://strategis.ic.gc.ca/smeguide>

2.4 Self-employment Assistance Program

Assistance is available to eligible Employment Insurance recipients, fishers, or social assistance recipients who want to set up a business. Interested individuals need a viable business idea and must be willing to invest their own equity in the business. Individuals who are accepted into the program must work full time at setting up and running their business. The program will provide income support and, if eligible, a supplementary allowance for 52 weeks, as well as training, counselling and technical advice.

For further information, contact the nearest Human Resources Centre (listed in the Government of Canada pages of your telephone directory), or visit Human Resources Development Canada's Web site:

Internet: <http://hrdc-drhc.gc.ca>

Women, Children and Family Health

3.1 Child Safety

Child Restraint Systems in Motor Vehicles

Transport Canada is responsible for setting safety standards on child safety seats (child restraints). The Department ensures that manufacturers who produce child restraints comply with Canadian safety standards. The Department also investigates public complaints regarding possible safety defects in child restraints and ensures that manufacturers inform the public of any defective restraint system.

For more information about child restraint systems, get a copy of the booklet *Keep Them Safe — A Guide to Children's Car Seats*, or the video that includes information on how to restrain children safely in car seats and the different types of child restraint systems.

Toll-free: 1-800-333-0371

Tel.: (613) 998-8616 (National Capital Region)

Fax: (613) 993-4831

Internet: <http://www.tc.gc.ca/roadsafety> (English)

<http://www.tc.gc.ca/securiteroutiere> (French)

Child Restraint Safety Network - Canadian Automobile Association

Under contract to Transport Canada, the Canadian Automobile Association (CAA) administers this network which makes child restraint information available to Canadians, whether or not they are members of the CAA. The network also provides notices of defective child restraints (car seats), participates in child safety seat installation checks across Canada and prepares news releases on defective child restraints.

For more information about the Child Restraint Safety Network, contact the national office of the Canadian Automobile Association:



Tel.: (613) 247-0117
Fax: (613) 247-0118

3.2 Family Nutrition

Nutrition/Healthy Eating Program

Through its Nutrition/Healthy Eating Program, Health Canada provides information to help individuals and families strengthen and maintain healthy eating practices. Among the publications available are: *Canada's Food Guide to Healthy Eating* and its related materials, including *Canada's Food Guide to Healthy Eating: Focus on Preschoolers* and *Canada's Food Guide to Healthy Eating: Focus on Children Six to Twelve Years of Age*. Also available is a national statement on infant nutrition called *Nutrition for Healthy Term Babies*. Health Canada also provides the Vitality Leader's Kit, featuring an integrated approach promoting healthy eating, active living and a positive self and body image.

For more information on the Nutrition/Healthy Eating Program, contact Health Canada's Nutrition and Healthy Eating Unit:

Tel.: (613) 957-8329
Fax: (613) 941-2432
Internet: <http://www.hc-sc.gc.ca/hppb/nutrition>

3.3 Female Genital Mutilation

Canada welcomes a wide diversity of immigrants who bring with them their rich customs and traditions. For some groups, however, these customs include the practice of female circumcision (also known as Female Genital Mutilation), a practice that Canada does not condone. Health Canada's Working Group on Female Genital Mutilation (FGM), aims to:

- inform and educate women and families in order to prevent this practice from being performed in Canada;
- address the health-related, legal and cultural/social issues of FGM; and
- assess the information and training needs of health care procedures in Canada and their role in advancing the prevention of FGM for families now living in Canada.

For more information about Female Genital Mutilation, contact the Federal Interdepartmental Working Group on FGM at Health Canada:

Tel.: (613) 957-1944
Fax: (613) 952-3496
E-mail: cathy_mattern@hc-sc.gc.ca
Internet: <http://www.hc-sc.gc.ca/datapcb/datawhb/>

3.4 Health-Related Research

Breast Disease Research:

Breast Cancer Initiatives Health Canada has allocated \$7 million per year to fund a variety of breast cancer initiatives, including: research, prevention, early detection, quality screening, support to community groups and networks, access to information, public and professional education, diagnosis, care and treatment, and surveillance and monitoring of breast cancer.

For more information, contact the Adult Health Division at Health Canada's Population Health Directorate:

Tel.: (613) 954-8668
Fax: (613) 941-2643
Internet: <http://www.hc-sc.gc.ca>

Ontario and Quebec Breast Implant Study Laval University and Cancer Care Ontario, with funding from Health Canada, are studying the correlation between breast implants, cancer incidence and death rates. The final results are expected by the year 2000.

To find out more, contact the Cancer Bureau at Health Canada's Laboratory Centre for Disease Control:

Tel.: (613) 957-1765
Fax: (613) 941-2057
Internet: <http://www.hc-sc.gc.ca/hpb/lcdc/bc>

Canadian Incidence Study of Reported Child Abuse and Neglect

In collaboration with a variety of both government and non-government groups, Health Canada is developing an ongoing study to better understand the extent and dynamics of child abuse and neglect in Canada. The objectives of the project include developing national estimates of the incidence of reported abuse and neglect, creating a better understanding of the severity of reported child maltreatment and collecting empirical evidence to better plan the allocation of resources to address the issue of child abuse.

For more information about this study, contact Health Canada's Child Maltreatment Division:

Tel.: (613) 954-5493

Fax: (613) 941-9927

E-mail: child_maltreatment@hc-sc.gc.ca

Internet: <http://www.hc-sc.gc.ca/childhood-youth>

Centres of Excellence for Women's Health Program

Health Canada's priorities in the area of women's health are outlined in the Women's Health Strategy (available on the Women's Health Bureau Web site). One of the major components of this strategy is the Centres of Excellence for Women's Health Program (CEWHP). The Government of Canada funds five Centres of Excellence:

- the Maritime Centre of Excellence for Women's Health (Halifax);
- le Centre d'excellence pour la santé des femmes — Consortium de l'Université de Montréal (Montreal);
- the National Network on Environments and Women's Health (Toronto);
- the Prairie Women's Health Centre of Excellence (Winnipeg); and
- the British Columbia Centre of Excellence for Women and Health (Vancouver).

CEWHP aims to promote much-needed research on women's health in Canada and to direct more attention to the vital health concerns of women. Ultimately, the program's goal is to make Canada's health system more responsive to women's distinctive health needs through applied research and policy advice.

Each Centre conducts multi-disciplinary and cross-sectoral work using a determinants of health approach. This includes:

- developing health data which is sensitive to gender differences;
- identifying and studying key women's health issues;
- communicating knowledge generated by the Program;
- building local, regional and national networks that bring together researchers, community and policy partners working to improve the health of women;
- providing analysis, advice and information to governments, agencies and individuals involved in health programs and policy;
- helping to define a women's health research agenda for Canada.

The Centres examine current health system issues such as the impact of health reform on women and women's health; patterns of health service provision to women; women's

experience with the health system; influences on health and the health needs of women across diverse life circumstances.

Canadian Women's Health Network

The Canadian Women's Health Network links the Centres of Excellence and other individuals and organizations with women's health groups in the governmental and non-governmental sectors, in order to share information and resources and to help develop critical debate on women's health issues.

To find out more about the Centres of Excellence and the Canadian Women's Health Network, contact Health Canada:

Tel.: (613) 952-0795

Fax: (613) 941-8592

Internet: <http://hc-sc.gc.ca/datapcb/datawhb/cewheng.htm>

Child Care Visions

Under this program, funding is available to eligible non-profit organizations or community groups that conduct innovative research or evaluation projects that study the adequacy, outcomes and cost-effectiveness of current best child care practices and service delivery models.

For more information, visit the Child Care Visions Web site:

Internet: <http://www.globalx.net/esp-eps>

or the Employability and Social Partnerships Division at Human Resources Development Canada:

Tel.: (819) 997-1647

Fax: (819) 997-1359

Population Health Fund

Health Canada's Population Health Fund supports projects that examine health determinants with a view to maintaining and improving the health of Canadians. Program funding is available for projects that are both national and regional in scope. Proposals for funding may be made by Canadian non-profit/voluntary organizations and by educational institutions.

For more information about projects that are national in scope, contact the Population Health Directorate at Health Canada:

Tel.: (613) 957-3507
Fax: (613) 952-5310
Internet: <http://www.hc-sc.gc.ca/hppb/phdd>

For information on projects that are regional in scope, contact the nearest Health Canada office:

Atlantic - Halifax

Tel.: (902) 426-2700
Fax: (902) 426-9689

Quebec - Montreal

Tel.: (514) 283-7342 or
(514) 283-0816
Fax: (514) 283-3309

Ontario - Toronto

Tel.: (416) 973-0003
Fax: (416) 954-8211

Manitoba - Winnipeg

Tel.: (204) 983-2833
Fax: (204) 983-8674

Saskatchewan - Regina

Tel.: (306) 780-5104 or
(306) 780-7151
Fax: (306) 780-6207

Alberta/Northwest Territories/Nunavut - Edmonton

Tel.: (403) 495-2754
Fax: (403) 495-5537

British Columbia/Yukon - Vancouver

Tel.: (604) 666-8986
Fax: (604) 684-2729

Women and Clinical Trials

As of 1996, all manufacturers who apply to Health Canada for market approval of drugs must include women in their clinical trials. Guidelines entitled *Guidelines on the Inclusion of Women in Clinical Trials* are available on Health Canada's Web site:

Internet: <http://www.hc-sc.gc.ca/hpb-dgps/therapeut>

3.5 New Mothers/Parenting

Guide to Federal Programs and Services for Children and Youth

Produced every two years, this user-friendly guide provides information on a variety of topics, including childcare, health, education, adoption and nutrition. It is intended for parents, caregivers, organizations, educational institutions and agencies who work with young people. Each description lists basic program information as well as key contacts for additional information.

The *Guide to Federal Programs and Services for Children and Youth* is available free of charge in print format and on the Internet. To obtain a copy, contact Health Canada's Childhood and Youth Division:

Tel.: (613) 957-3436

Fax: (613) 952-1556

E-mail: children@www.hc-sc.gc.ca

Internet: <http://www.hc-sc.gc.ca/hppb/childhood-youth>

Child Development — Mental and Physical Health

It is more effective and less costly to maximize child development in the early years than to try to correct problems when children are older. Health Canada's Childhood and Youth Division addresses both mental and physical health issues related to child, youth and family health. Working with partners and community groups, the Division develops information, projects and initiatives in such areas as: prevention of pre-term birth, prevention of Sudden Infant Death Syndrome and Shaken Baby Syndrome, promotion of breastfeeding and infant nutrition, parent support, prevention of suicide, and learning disabilities.

For more information, contact Health Canada's Childhood and Youth Division

Fax: (613) 954-3358

Internet: <http://www.hc-sc.gc.ca/hppb/childhood-youth>

Mental Health Component

Tel.: (613) 954-8612

E-mail: famchimen@www.hc-sc.gc.ca

Physical Health Component

Tel.: (613) 957-8099

E-mail: familychild@www.hc-sc.gc.ca

The Community Action Program for Children

The Community Action Program for Children (CAPC) provides long-term funding to community groups to establish and deliver services that respond to the developmental needs of children from birth to six years of age who are living in conditions of risk. CAPC-funded prevention and early intervention activities help children get a better start in life, prepare them for school and improve their chances of growing into healthy adults. CAPC is for children who:

- live in low-income families;
- live in teenage-parent families;
- are at risk of or are experiencing developmental delays or social, emotional or behavioural problems; and
- are abused or neglected.

Special consideration is given to Métis, Inuit and off-reserve Aboriginal children, children of recent immigrants and refugees and children who live in remote or isolated communities. Examples of services offered by CAPC projects include family resource centres, parent education, home visiting, play groups and child development activities.

The Canada Prenatal Nutrition Program

Funded by Health Canada and co-managed with the provinces and territories, the Canada Prenatal Nutrition Program provides resources to eligible community groups who want to establish and deliver services to help pregnant women who are at risk of having unhealthy babies, including women who are living in poverty, are teenagers, drink alcohol or use other drugs, are living in an abusive situation; are Métis, Inuit and First Nations individuals; are refugees, are living in isolation or do not have access to services, or have been diagnosed with gestational diabetes.

Programs are designed to provide food supplementation, nutrition counselling, support, education, referral and counselling on such lifestyle issues as alcohol abuse, stress and family violence.

For more information about either of these programs, contact the nearest Health Canada office, send an e-mail enquiry, or visit Health Canada's Web site:

E-mail: capc-cpnp@www.hc-sc.gc.ca

Internet: <http://www.hc-sc.gc.ca/hppb/childhood-youth>

Postpartum Parent Support Program

This program is designed to provide support to families of newborn children by helping them develop feelings of competence about the postpartum period, identify and use available support systems, and set realistic expectations about coping with family relationships. Implemented in over 600 hospitals and community health centres in Canada, the program promotes continuity of care for the families served by these health organizations.

For more information about a local program, contact the nearest regional office of Health Canada, or Health Canada's Childhood and Youth Division:

Tel.: (613) 957-3437

Fax: (613) 954-3358

E-mail: familychild@www.hc-sc.gc.ca

Internet: <http://www.hc-sc.gc.ca/hppb/childhood-youth>

Promotion of Breastfeeding Program

The goal of this program is to increase awareness of the benefits of breastfeeding and the superiority of breastmilk for infants' health. As part of its ongoing efforts to promote and make breastfeeding more accepted and supported in communities, Health Canada and its partners have created an awareness campaign designed to encourage mothers to breastfeed "Anywhere, Anytime", and to continue breastfeeding for a longer period of time. The program also provides a Breastfeeding Friendly sticker and information sheets to make restaurants, retail outlets and malls more aware and supportive of breastfeeding.

For more information about this program, contact Health Canada's Childhood and Youth Division:

Tel.: (613) 957-8099

Fax: (613) 954-3358

E-mail: familychild@www.hc-sc.gc.ca

Internet: <http://www.hc-sc.gc.ca/hppb/childhood-youth>

Nobody's Perfect

This support and education program for parents of children from birth to age five is designed to meet the needs of young, single parents with low income or limited education, or who may be geographically, culturally or socially isolated. *Nobody's Perfect* gives parents access to accurate parenting information and to a supportive group network. There is also a training program for facilitators and a range of excellent resources for parents. *Nobody's Perfect* materials are free, practical, clearly written, and easy to read, understand and use. The provinces and territories are responsible for ongoing implementation of this program.

For more information, contact the national office of Nobody's Perfect Canada in Ottawa:

Tel.: (613) 728-3307

Fax: (613) 729-5421

E-mail: np-yapp@frp.ca

or the Childhood and Youth Division at Health Canada:

Tel.: (613) 941-0970

Fax: (613) 952-1556

E-mail: familychild@www.hc-sc.gc.ca

Internet: <http://www.hc-sc.gc.ca/hppb/childhood-youth>

Welcome to Parenting: The First Six Years

This entertaining and informative video of five 25-minute segments provides key information and helpful tips on child development and the challenges of being a parent. It provides information about your child's body, mind, behaviour and safety. There is also a segment that offers coping hints, like making time for yourself.

The video costs \$17.99 (shipping and handling included) and can be ordered by calling:

Toll-free: 1-800-668-7808

Internet: <http://www.cfc-efc.ca/fsc>

3.6 Substance Abuse

Canada's Drug Strategy

The goal of Canada's Drug Strategy is to reduce the harm associated with alcohol and other drugs to individuals, families and communities. The Strategy aims to:

- prevent those individuals not currently using drugs from starting;
- reduce the harm to individuals who do use them;
- enhance treatment and rehabilitation for individuals affected by substance abuse;
- provide an appropriate legislative framework; and
- work internationally to address the drug problem.

Programs and policies are formulated with sensitivity to gender, and a number of resources are available to help individuals and organizations who work with women, including rural and immigrant women, which provide information on developing community projects and involving women in the process.

For more information on Canada's Drug Strategy, contact Health Canada's Office of Alcohol, Drugs, and Dependency Issues:

Tel.: (613) 957-8340

Fax: (613) 957-1565

Internet: <http://www.hc-sc.gc.ca/alcohol-otherdrugs>

Tobacco Control Initiative

Research indicates that the largest increase in new smokers in Canada is among young women. Health Canada's Office of Tobacco Reduction Programs, in collaboration with the provinces, territories and non-government organizations, helps Canadians work towards the ultimate goal of a tobacco-free Canada. With an emphasis on youth, the programs aim at improving the overall health, well-being and quality of life of Canadians by reducing tobacco-caused illness and death.

A variety of youth-oriented tobacco resources are available on Health Canada's Web site. These include *Quit4Life*, *Improving the Odds*, *Back Talk*, *Cigarette Smoking and Young Women's Presentation of Self*, *Breathing Space*, *Getting Smoke-Free*; *Women and Smoking Cessation*, *A Way Out*; and *High-Risk Pregnant Women*. Also available are the *Tobacco Use Cessation Programs: An Inventory of Self Help and Group Programs* which can also be accessed through the Web site.

For more information on Health Canada's Tobacco Control Initiative, visit Health Canada's Web site:

Internet: <http://www.hc-sc.gc.ca/hppb/tobaccoreduction>

or contact the Office of Alcohol, Drugs and Dependency Issues:

Tel.: (613) 957-8333

Fax: (613) 952-5188

3.7 Women and HIV/AIDS

HIV and AIDS are increasing among Canadian women. While the primary route of HIV infection for women has been through heterosexual sex, women increasingly are being infected with HIV through injection drug use, either from the use of contaminated needles or through unprotected sex with a partner who injects drugs.

Through the Canadian Strategy on HIV/AIDS, Health Canada provides funding for national programs and research focused on the prevention of HIV in women, as well as on the care and treatment of women infected with and affected by HIV/AIDS.

Prevention of HIV/AIDS Prevention initiatives related to HIV and sexual violence include a guide for counsellors working with survivors of sexual violence and a brochure for survivors themselves.

Care and Treatment Initiatives These initiatives include a guide on health management for persons infected with HIV/AIDS and a series of modules for health care providers, all of which include information related to women.

For more information, contact the HIV/AIDS Policy, Coordination and Programs Division at Health Canada:

Tel: (613) 941-9487

Fax: (613) 952-3556

Internet: http://www.hc-sc.gc.ca/hppb/hiv_aids

4

Women, Culture and Sport

4.1 The Canada Millennium Partnership Program — limited time

To mark the millennium in meaningful and creative ways, the federal government is encouraging Canadians to undertake projects that explore our heritage, celebrate our achievements, build our future, and leave a lasting legacy. Projects should fall into one or more of the program themes. The main activities funded under the program should take place during the year 2000 and must be completed by March 31, 2001.

Funding is available to registered Canadian non-profit groups, organizations and associations or private enterprises, at the community, regional, national and international level. Private enterprises need not be non-profit in nature to qualify for Millennium funding; however, the nature and intent of the proposed activity should be non-commercial.

Deadlines for applications of the remaining three phases of this five-phase program are:

Phase 3 : May 31, 1999

Phase 4 : October 31, 1999

Phase 5 : March 1, 2000

For more information on the types of projects eligible for funding, contact the Millennium Bureau of Canada:

Toll-Free: 1-888-774-9999

Internet: <http://www.millennium.gc.ca>

4.2 Commemorations and Awards

Commemoration of the Contribution of Women to Canadian History

To recognize women's contributions to Canadian history, Parks Canada, in conjunction with the Historic Sites and Monuments Board of Canada, is focusing on the commemoration of the contribution of women to Canadian history under several



important subthemes, including: Women and Power, Women and Healthcare, Women in Education, Women and Work, and Women and Technology. Since 1995, there have been some 27 designations by Parks Canada that are related to women and their role in the development of Canada.

Tel.: (819) 997-6283

Internet: http://parkscanada.pch.gc.ca/nhs/nhs_e.htm (English)

http://parkscanada.pch.gc.ca/nhs/nhs_f.htm (French)

Jeanne Sauvé Internships Program: Canadian Women in Communications

Every year, the Government of Canada, through the Department of Canadian Heritage and Industry Canada and through the Canadian Radio-television and Telecommunications Commission offers internship opportunities to exceptional Canadian women working in the communications field, through the Jeanne Sauvé Internships Program. The internships are administered in conjunction with Canadian Women in Communications (CWC), a national non-profit organization created in 1991, to further the advancement of women in broadcasting, cable, telecommunications and allied fields, including multimedia. While eligibility varies by program, in general, candidates must:

- be nominated by their employers;
- be in a management position or have management potential; and
- demonstrate strong interpersonal skills.

Canadian Heritage and CWC Internship Program

Two internships of 6 to 8 weeks are available annually with the Department of Canadian Heritage. The internships enable talented women to gain first-hand knowledge and insight into the development of federal government communications policy, as well as the role of the government and its impact on the industry in which they work.

Canadian Radio-television and Telecommunications Commission (CRTC) and CWC Exchange Program

Every year, 4-week internships are offered to four successful candidates, two from the private sector and two from the CRTC. Private sector participants gain a broad view of the workings of the CRTC, while CRTC participants gain an inside view of the realities and internal processes of the private sector.

Industry Canada and CWC Exchange Program

Internships of 6- to 12 weeks are offered each year to four successful candidates, two from the private sector and two from Industry Canada. The internships for private-sector participants focus on increasing their understanding of the dynamics of the global information economy; public policy and market access initiatives promoting Canada's interests internationally; the development of national positions; and the improvement of negotiation and communications skills. The internships for Industry Canada participants focus on gaining a better understanding of the corporate environment in the communications industry, and on learning about a company's operations, decision-making processes and communications strategies.

For more information about the Jeanne Sauvé Internships, contact the Executive Director at Canadian Women in Communications:

Toll-free: 1-800-361-2978

E-mail: cwc.afc@sympatico.ca

Internet: <http://www.cwc-afc.on.ca>

or, the Departments/Agency directly:

Canadian Heritage Internship Program:

Tel.: (819) 997-9082 or (819) 997-7788

Internet: <http://www.pch.gc.ca>

Canadian Radio-television and Telecommunications Commission Exchange Program:

Tel.: (819) 997-0313

TDD: (819) 994-0423

Fax: (819) 994-0218

Internet: <http://www.crtc.gc.ca>

Industry Canada Exchange Program:

Tel.: (613) 998-4478

Fax: (613) 998-4530

Internet: <http://strategis.ic.gc.ca>

Prime Minister's Awards for Teaching Excellence

The Prime Minister's Awards for Teaching Excellence honour teachers who, through their skill, dedication and enthusiasm, have made extraordinary efforts to prepare students for the challenges of a knowledge-based economy.

For a copy of the nomination guidelines and form, contact Industry Canada:

Tel.: 1-800-268-6608

E-mail: pmawards@ic.gc.ca

Internet: <http://www.schoolnet.ca>

4.3 Cultural Programs

A Guide to Federal Programs for the Film and Video Sector

The Government of Canada recognizes the enormous role the Canadian film and video industry plays in the cultural and economic life of Canada and has prepared a guide that provides a brief overview of the various financial support programs available to the independent film and video industry in Canada. Support is available through six main federal departments and agencies: Telefilm Canada, the National Film Board of Canada, the Canada Council for the Arts, Canadian Heritage, Foreign Affairs and International Trade and the Canadian International Development Agency.

Funding programs range from tax credits for Canadian film or video production, to grants to individual artists in media arts, to a feature film distribution fund, an Aboriginal film making program, and a multimedia fund.

Additional Cultural Programs

Canadian Heritage and its partner agencies also offer support programs for the book publishing and broadcasting industries and for programs for the Canadian sound recording industry.

For more information about these programs, or to obtain a copy of *A Guide to Federal Programs for the Film and Video Sector*, contact the Cultural Industries Branch at Canadian Heritage:

Tel.: (819) 997-5690

Fax: (819) 997-5709

Internet: <http://www.pch.gc.ca/culture/english.htm>

4.4 Women in Sport

The Next World Conference on Women and Sport (2002)

Canada will host the Next World Conference on Women and Sport in Ottawa in 2002. The Conference is designed to advance sport as a strategy for addressing global issues affecting women, to exchange good practices; strengthen international, national, and regional networks; and build action plans for effecting change.

For more information about the conference, contact Sport Canada:

Fax: (819) 956-8019

Internet: <http://www.iwg.women-and-sport.org> (English)
<http://www.gti.femmes-et-sport.org> (French)

5

Women with Disabilities

5.1 Opportunities Fund for Persons with Disabilities — limited time

The Opportunities Fund supports a broad range of employment activities for persons with disabilities who are not eligible for employment benefits under the Employment Insurance Act. The goal of the program is to help these individuals prepare for, obtain and keep employment or self-employment. (It should be noted that this program is scheduled to expire March 31, 2000.)

The types of activities sponsored under the fund include:

- encouraging employers to hire workers with disabilities;
- helping individuals with disabilities start their own business;
- providing work experience which can lead to on-going employment;
- helping persons with disabilities increase their employment skill level;
- helping to integrate individuals with disabilities into the workplace through services tailored to meet their special needs; and
- providing personal supports required to enable persons with disabilities to participate in employment services.

While participating in certain activities such as skills development or self-employment, program participants are expected to continue on their current source of support, if any; otherwise, living expenses may be provided on the basis of negotiated weekly rates. In addition, participants may receive support toward certain other expenses such as tuition, commuting and dependant care. The costs of special arrangements or devices to accommodate a person with a disability may also be available. Please note that funding for participant training will no longer be available as of June 30, 1999, as a result of the labour market development agreements with the provinces.

For a copy of the brochure or additional information, contact the nearest Human Resource Centre of Canada:



TTD/TTY: 1-800-788-8282

Internet: <http://www.hrdc-drhc.gc.ca>

5.2 Active Reemployment Benefits

Individuals with a disability who need help getting back to work may be entitled to special assistance to accommodate them in the workplace and/or help getting special devices needed in their job.

To find out more, contact the nearest Human Resource Centre of Canada (listed in the Government of Canada pages in your telephone directory), or visit Human Resources Development Canada's Web site:

Internet: <http://www.hrdc-drhc.gc.ca>

5.3 Canada Pension Plan (CPP) Disability Benefits

Anyone with a severe and prolonged physical or mental disability that prevents them from working regularly at any job or is long-term and could lead to their death may be eligible to receive a CPP disability benefit. Individuals who became disabled after December 31, 1997, must have contributed to the Canada Pension Plan in four of the last six years, and have earned a minimum income during that period. For individuals who became disabled before January 1, 1998, the contributory requirements are different. The benefit consists of two parts: a flat-rate amount and a second amount that is determined by how long and how much was contributed to the CPP.

For individuals who qualify for a CPP disability benefit, additional benefits are also available to dependent children under age 18 or to children between the ages of 18 and 25 if they are in full-time attendance at school or university. Payments are received monthly, either by cheque or direct deposit and normally arrive during the last three banking days of each month.

To start benefits, a completed application form must be submitted to the nearest Human Resources Centre (listed in the Government of Canada pages of your telephone directory).

For more information about the Canada Pension Plan, contact Human Resources Development Canada:

Toll-free: 1-800-277-9914 (English)

1-800-277-9915 (French)

TDD/TTY: 1-800-255-4786

Internet: <http://www.hrdc-drhc.gc.ca/isp>

5.4 Entrepreneurs with Disabilities Program - Western Canada

This program is available to qualified individuals who:

- live in a rural community in Western Canada;
- have a disability that impairs their ability to perform at least one of the basic activities of self-employment or entrepreneurship; and
- have a creative business idea or plan to expand or upgrade an existing business.

The program ensures easy access to business services; access to loan funds up to \$75,000, for people who are unable to obtain financing from traditional lenders; as well as other support mechanisms.

For more information, visit the nearest Community Futures office (listed in the Government of Canada pages of your telephone directory), or call Western Economic Diversification Canada:

Toll-free: 1-888-338-WEST (9378)

Internet: <http://www.wd.gc.ca>

5.5 Housing: Residential Rehabilitation Assistance Program

Financial assistance in the form of a loan, part of which may not have to be repaid, is available to eligible disabled persons to help make housing more accessible.

For more information, contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

Toll-free: 1-800-668-2642

TTY: 1-800-309-3388

Fax: (613) 748-4069

Internet: <http://www.cmhc-schl.gc.ca/ah-al/en/ownerrrap.html>

5.6 Students with Disabilities

A study grant of up to \$5,000 a year is available to eligible students with permanent disabilities to cover exceptional education-related costs associated with their disability. (For details, refer to Education, section 6.3 below.)

6

Education

6.1 Canada Education Savings Grant

The federal government wants to help parents save for their children's education, offset the need for student loans and help reduce or eliminate student debt on graduation. Human Resources Development Canada (HRDC) offers grants of 20 per cent on the first \$2,000 of contributions made annually to a Registered Education Savings Plan (RESP) for any child up to age 18. For persons who can't contribute the full \$2,000 each year, any unused portion can be forwarded to unused years. The plan is flexible and can be moved between siblings; and, if the child does not go on to higher education within a reasonable period after highschool, the capital can be moved to the contributor's RRSP.

To get started, contributors must first establish an RESP with an approved vendor. The vendor must have a legal agreement with HRDC before any grant payments will be made.

For more information, call Human Resources Development Canada:

Toll-free: 1-888-276-3624 (English)

Toll-free: 1-888-276-3632 (French)

Internet: http://www.hrdc-drhc.gc.ca/student_loans

6.2 Canada Student Loans Program

Full-time or part-time students attending a post-secondary institution may be eligible for financial assistance for up to 60 per cent of their assessed financial need up to a weekly loan limit of \$165. The loan is intended to supplement the student's own resources from a job, other awards and from family. Students are expected to work during the four-month period before beginning their studies and their parents are expected to contribute to their education unless the student has been out of high school for four years, or in the labour force for two; is married, separated, divorced or a single parent. Spouses of married students are also expected to contribute. Payments on student loans are not required until the end of the seventh month after leaving school.



For more information about assistance, contact the school's financial aid office, the provincial school aid office, or Human Resources Development Canada's Student Loans Program:

Toll-free: 1-800-432-7377 (English)

1-800-733-3765 (French)

Internet: http://www.hrdc-drhc.gc.ca/student_loans

TTY: (819) 994-1218

6.3 Canada Study Grants

The federal government provides four types of grants for qualified full- and part-time students:

High-need Part-time Students

Individuals who are currently or who would like to become part-time students, can only study on a part-time basis because of family or other responsibilities that don't permit full-time study, have a maximum income of no more than \$14,100 (if single) or \$23,300 (if married with no children or a single parent with one child), and meet the requirements for a part-time Canada Student Loan may qualify for a grant of up to \$1,200. To be eligible, individuals must explain why they can only study on a part-time basis.

Students with Dependants

Full-time and part-time students with children or other dependants who can demonstrate financial need in excess of \$275 per week in combined federal and provincial loans may qualify for a Canada Study Grant. Part-time students with dependants whose need has been assessed in excess of, and after receipt of, the maximum grant for high-need part-time students (\$1,200) and who qualify for assistance under the part-time Canada Student Loans Program may receive additional assistance with their education costs of up to \$1,920 in any given loan year. Full-time and part-time students with one or two dependants can receive up to \$40 per week, while those with three or more dependants can receive up to \$60 per week.

Students with Disabilities

Individuals who have a permanent disability such as deafness, blindness or other physical disability or who have a learning disability that limits their ability to participate fully in post-secondary studies or in the labour force (proof required) may be eligible for a Canada Study Grant of up to \$5,000 a year to cover exceptional education-related costs associated with their disability. Courses for persons applying for full-time enrollment

must represent at least 40 per cent of a full-time course load. Individuals applying as part-time students must be enrolled in courses representing at least 20 per cent of a full-time course load. The grant may cover such exceptional expenses as the costs of a tutor, an interpreter, attendant care, or special equipment.

Women in Doctoral Studies

To help increase the participation of women in certain fields of study at the doctoral level, a Canada Study Grant of up to \$3,000 a year for a maximum of three years may be paid to qualified female students pursuing full-time doctoral studies. The eligible fields of study are: engineering and applied sciences, agriculture and biological sciences, mathematics and physical sciences; arts, social sciences and related fields; dental specialties, physical education, and law and jurisprudence.

For more information and application forms, contact the nearest student assistance office, the financial assistance office at any college or university, or the admissions offices at vocational schools. Some provinces require the submission of applications directly to the educational institution, while in others, application is directly to the provincial or territorial student assistance office. Information is also available from the Student Loans Program at Human Resources Development Canada:

Toll-free: 1-800-432-7377 (English)

1-800-733-3765 (French)

Internet: http://www.hrdc-drhc.gc.ca/student_loans

TTY: (819) 994-1218

6.4 Millennium Scholarships

The federal government has made a commitment to award more than 100,000 scholarships each year between 2000 and 2010, through the Canada Millennium Scholarships Foundation. Scholarships will be awarded based on a combination of merit and need. Pending the outcome of consultations with the provinces and stakeholders across Canada, it is expected that the average scholarship for a full-time recipient will be worth \$3,000 per year. Please note that students must reapply each year.

For more information about these scholarships or how to apply, contact the Canadian Millennium Scholarships Foundation:

Toll-free: 1-877-786-3999

Fax: (514) 786-3975

E-mail: millennium.foundation@sympatico.ca

Internet: <http://millenniumscholarships.ca>

6.5 Indian and Inuit Health Careers Program

Funding is available both to qualified Aboriginal students to pursue post-secondary education in the health field, and to various post-secondary educational institutions to develop student support and counselling services, curriculum enhancement and access programs for entry into health studies. The program includes orientation to health careers, on-the-job training, as well as bursaries and scholarships based on financial need.

Aboriginal students interested in obtaining a bursary or scholarship should contact the National Aboriginal Achievement Foundation:

Tel.: (416) 926-0775 (in Toronto)
Fax: (416) 926-7554
E-mail: naaf@istar.ca
Internet: <http://www.naaf.ca>

or, contact Health Canada's Medical Services Branch:

Tel.: (613) 954-8779
Fax: (613) 954-8107
Internet: <http://www.hc-sc.ca/msb>

6.6 Repaying Student Loans: Tax Deduction/Interest Relief/Debt Reduction

Canada Student Loans, like any other loans, have to be repaid. However, the federal government has four programs in place designed to reduce a student's debt burden.

Tax Deduction for Interest Paid on Student Loans

As of the 1998 tax year, students can claim an amount for the interest they, or a person related to them, paid in 1998 and subsequent years on loans made to them for post-secondary education under the *Canada Student Loans Act*, the *Canada Student Financial Services Act*, or similar provincial or territorial government laws. Individuals who do not wish to claim these amounts on their current return can carry them forward and apply them on any one of the next five years' returns.

For more information, contact the nearest Revenue Canada tax office (listed in the Government of Canada pages of your telephone directory), or visit Revenue Canada's web site:

Internet: <http://www.rc.gc.ca>

Interest Relief

The Interest Relief Plan Individuals currently living in Canada who have difficulty making their student loan payments because of low income, or because they have had to pay for unexpected emergency health-related expenses or emergency home repairs, may have the interest on their loan paid through the federal government's Interest Relief Plan. Interest relief is normally approved for three-month periods up to a maximum of 30 months throughout the lifetime of the loan. To qualify, individuals must meet the income conditions, have signed a Consolidated Student Loan Agreement, and have not defaulted on any Canada Student Loans for which the government has already reimbursed their lender.

Extended Interest Relief Beneficiaries of the Interest Relief Plan who have exhausted the 30 months of interest relief can, under certain circumstances, request that their lending institution extend the loan repayment period to 15 years. This could lower monthly payments by nearly 25 per cent at current interest rates. If, after extending the repayment period to 15 years, the beneficiary remains in financial hardship, interest relief may be extended during the five years after leaving school.

Debt Reduction In the event that an individual remains in financial difficulty and annual payments exceed a given percentage of income, the federal government will reduce the loan principal. The maximum amount of debt reduction will be \$10,000 or 50 per cent of the principal of the loan, whichever is less. To qualify, five years must have passed since the completion of studies and interest relief must have been exhausted.

For more information about eligibility and application forms, contact the lender holding the student loan, the provincial or territorial student assistance office, or Human Resources Development Canada:

Internet: http://www.hrdc-drhc.gc.ca/student_loans

6.7 Studying in Canada: A Guide for International Students

Citizenship and Immigration Canada provides a guide for anyone who would like to study in a Canadian primary, secondary, or post-secondary institution. (For details, refer to Immigration and New Canadians, section 8.5 below.)



Families and the Law

7.1 Department of Justice Grants and Contributions Fund

The Department of Justice administers a grants and contributions program designed to promote and implement selected reforms in the justice system. Funding is available to individuals, Canadian or international non-profit organizations, provincial or territorial governments, regional or municipal governments, universities, bands and tribal councils. Project activities must be distinct from, but must complement, the ongoing work of the organization. Projects can offer innovative programs, services, training or public legal education, or assist in research on possible reforms to the justice system. Since the Fund contains a limited amount of money, projects must be in keeping with its terms and conditions.

For more information, contact the Department of Justice:

Tel.: (613) 957-3538

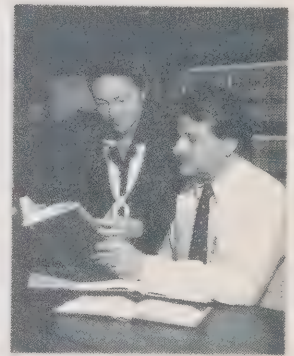
Fax: (613) 941-2269

Internet: <http://canada.justice.gc.ca>

7.2 Family Support

Child Support Initiative

New child support laws that took effect in May 1997, include guidelines for determining child support amounts, changes in the tax treatment of child support, and additional federal enforcement measures to assist the provinces and territories. Individuals either paying or receiving child support may want to get a copy of the pamphlet *Child Support Guidelines* (10 things you need to know about the Federal Child Support Guidelines). Other publications that are available are: *Federal Child Support Guidelines: A Guide to the New Approach*, and *A Workbook for Parents*. These latter publications give an idea of what the monthly child support payments would probably be in specific situations. Publications aimed at the professional community are: *The Federal*



Child Support Guidelines, The Complete Workbook; the Reference Manual; and the Federal Child Support Guidelines: A List of Caselaw.

For copies of these publications or information on the Child Support Laws, contact the Child Support Team at Justice Canada:

Toll-free: 1-888-373-2222
Tel.: (613) 946-2222 (National Capital Region)
Internet: <http://canada.justice.gc.ca/>

For information on the tax rules for child support, contact the nearest Revenue Canada office or:

Toll-free: 1-800-959-8281
Tel.: (613) 598-2275 (National Capital Region)
Visually Impaired: 1-800-665-0354
TTY: 1-800-665-0354
Internet: <http://www.rc.gc.ca>

Family Support Enforcement

The federal government imposes severe consequences on individuals who do not meet their family support obligations. Effective May 2, 1998, certain federal licenses, including passports, aviation and navigation licenses, may be suspended or denied to individuals who are in default of family support. Anyone whose spouse is in default of family support may wish to contact their provincial support enforcement program (part of the provincial Attorney General's office, or, in the case of Quebec, Revenue Québec) to discuss the federal license suspension scheme.

For more information, contact the provincial support enforcement program or the federal Department of Justice:

Toll-free: 1-800-267-777
Internet: <http://canada.justice.gc.ca>

7.3 Family Violence

Family Violence Prevention Program

The federal government has developed the Family Violence Initiative and the National Clearinghouse on Family Violence to help bring this issue into the open in order to prevent this type of violence and help its victims.

The *Family Violence Initiative* emphasizes primarily violence against women and their children, but also addresses all forms of family violence, including child abuse and neglect, abuse of older adults, and abuse committed by and against youth. The goal of the Initiative is to increase awareness of the issue to enhance the professional education resource base in order to help service providers and community organizations in their prevention, protection and treatment efforts.

The *National Clearinghouse on Family Violence* Individuals or organizations who help victims of family violence should contact the National Clearinghouse on Family Violence, a national resource centre that provides information and resources on all forms of family violence.

For more information on family violence prevention and the National Clearinghouse on Family Violence, contact Health Canada's Family Violence Prevention Unit:

Toll-free: 1-800-267-1291

Tel.: (613) 957-2938 (National Capital Region)

TTY: 1-800-561-5643

TTY: (613) 952-6396 (National Capital Region)

Fax: (613) 941-8930 (National Capital Region)

FaxLink: 1-888-267-1233

FaxLink (613) 941-7285 (National Capital Region)

Internet: <http://www.hc-sc.gc.ca/nc-cn>

Family Violence - Not a Private Problem

This Internet-based publication explains spousal abuse and the reasons behind it, a victim's rights, where to find more information and how to respond to abuse.

To access the publication, visit the RCMP's Web site at:

Internet: <http://www.rcmp-grc/html/fam-vi.e.htm>

Family Violence in Canada: A Statistical Profile

Statistics Canada publishes data on family violence in Canada. To obtain a copy of the publication *Family Violence in Canada: A Statistical Profile*, contact the Canadian Centre for Justice Statistics:

Tel: (613) 951-2065

Fax: (613) 951-6615

Canadian Incidence Study of Reported Child Abuse and Neglect

The federal government, in collaboration with a variety of both government and non-government groups, is developing an ongoing study to better understand the extent and dynamics of child abuse and neglect in Canada.

For more information about this study, contact Health Canada:

Tel.: (613) 954-5493

Fax: (613) 941-9927

E-mail: child_maltreatment@hc-sc.gc.ca

Internet: http://www.hc-sc.gc.ca/hpb/lcdc/brcg/maltreat/cadc_e.html

Housing: Shelter Enhancement Program

The federal government recognizes the importance of emergency shelters for abused women and their children. Organizations that operate a private, non-profit corporation or charity whose principal objective is housing victims of family violence may be eligible to receive funding to finance certain capital costs, including upgrading existing shelter buildings to an acceptable standard of health, safety and security; adding a limited number of new shelters and building longer-term housing units.

For more information, contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

Toll-free: 1-800-668-2642

TTY: 1-800-309-3388

Fax: (613) 748-4069

Internet: <http://www.cmhc-schl.gc.ca>

7.4 National Strategy on Community Safety and Crime Prevention

Individuals and community groups interested in safety and crime prevention in their community should contact the National Crime Prevention Centre. The Centre helps communities in developing and implementing community-based solutions to problems that contribute to crime and victimization, particularly as they affect children, youth, women and Aboriginal people. National Strategy initiatives include the Safer Communities Initiative, the Promotion and Public Education Program, and the Private Sector/Non-Profit Strategy on Crime Prevention.

For more information, contact the National Crime Prevention Centre:

Toll-free: 1-877-302-NCPC (1-877-302-6272)

Tel.: (613) 941-9306

Fax: (613) 952-3515

E-mail: ncpc@web.net

Internet: <http://www.crime-prevention.org>

7.5 "Our Missing Children" Program

In general, there are two types of missing children: runaways, who comprise more than 75 per cent of missing children; and children who are abducted, who comprise the remainder. Four federal government departments: the RCMP, Revenue Canada (Customs), Citizenship and Immigration Canada, and Foreign Affairs and International Trade work together to locate as many children as possible and return them to their proper guardian.

Missing Children's Registry

This RCMP initiative assists with investigations of missing children and acts as a source of reference to all law enforcement agencies, both national and international. Brochures and research reports concerning missing children are published and distributed to law enforcement agencies, non-governmental agencies and the general public.

Travel/Reunification Program Supported by Air Canada, Canadian Airlines International and Via Rail, this program provides travel assistance to parents or guardians who cannot afford to pay the cost to return an abducted child to Canada.

For more information about either the Missing Children's Registry or the Travel/Reunification Program, contact the RCMP's Information and Identification Services Directorate:

Tel.: 1-877-318-3576

Fax: (613) 993-5430

E-mail: mcr.nps@sympatico.ca

Internet: <http://www.childcybersearch.ca>

7.6 International Child Abductions: A Manual for Parents

Child abductions, both within Canada and when they involve other countries, are difficult and complex. The Department of Foreign Affairs and International Trade has

prepared a manual that provides information on preventing abduction and what to do if your child has been abducted.

To obtain a free copy of this manual, contact Enquiries Service at the Department of Foreign Affairs and International Trade:

Toll-free: 1-800-267-8376 (in Canada only)

Tel.: (613) 944-4000 (National Capital Region)

Internet: http://www.dfait-maeci.gc.ca/travel/consular/child_abductions -e.htm

7.7 Passports/Travel Documents for Children

Children under 16 years of age can be issued their own passport/travel document or the child's name can be added to the passport/travel document of a parent at the time the parent's passport/travel document is issued, or at a later date. However, a child's name can only be added to the passport/travel document of one parent, and the child can only travel in the company of that parent.

Passports A child whose name is included on a parent's passport must remain with that parent if for any reason that parent is unable to travel back to Canada. To add a child's name to a parent's current passport, fill out Form B1 — *Addition of a Child's Name to an Existing Passport*.

Travel Documents The type of travel document issued depends on the immigration status of both the children and their parent; for example, a child may be a Canadian citizen by birth, while the parent(s) is a landed immigrant or refugee. There are two main types of travel documents: refugee travel documents and Certificates of Identity.

For more information or to get a copy of application forms, contact the Passport Office at one of the following numbers:

Toll-free: 1-800-567-6868

Visual Ear: (819) 994-3560

Montreal (514) 283-2152

Toronto (416) 973-3251

Ottawa-Hull (819) 994-3500

Vancouver (604) 586-2500

Internet: <http://www.dfait-maeci.gc.ca/passport/pass.htm>

7.8 Women Offenders

Correctional Institutions

The Government of Canada has recognized the need for women offenders to serve their sentences closer to their families and home communities. As a result, it has replaced the Prison for Women in Kingston, Ontario, with four regional facilities and a unique Aboriginal Healing Lodge to accommodate minimum and medium-security women offenders. These facilities are:

- the Nova Institution for Women in Truro, Nova Scotia;
- the Établissement Joliette in Joliette, Quebec;
- the Grand Valley Institution for Women in Kitchener, Ontario;
- the Edmonton Institution for Women in Edmonton, Alberta; and
- the Okimaw Ohci Healing Lodge in Maple Creek, Saskatchewan.

There is also a minimum-security facility for women offenders in Isabel McNeil House in Kingston.

In the Pacific Region, the Burnaby Correctional Centre for Women accommodates women offenders from the region and from all security classifications under a joint federal/provincial agreement.

Okimaw Ohci Healing Lodge To address the special needs of Aboriginal women in the federal corrections system, the federal government has set up the Okimaw Ohci Healing Lodge in Maple Creek, Saskatchewan. The first institution of its kind, it was developed with and for the First Nations community. Sixty per cent of the staff are of Aboriginal descent, and the operation of this facility is based on Aboriginal teachings and philosophy, with a strong emphasis on Aboriginal culture and spirituality.

Maximum-security women inmates are not housed in the regional facilities, but rather in Maximum-Security Women's Units in other existing institutions, where security and programming are consistent with their needs. These units are: the Springhill Institution for Atlantic Canada, the Regional Reception Centre for Quebec, the Regional Treatment Centre for Ontario, and the Saskatchewan Penitentiary for the Prairies. The Regional Psychiatric Center in the Prairies and the Prison for Women in Ontario also provide intensive mental health programs for women offenders.

Correctional Service Canada is currently developing a long-term strategy for maximum-security offenders and women requiring intensive mental health programming. This strategy end the existing co-located units at the men's institutions.

For more information about Women's Correctional Institutions, visit the Correctional Service Canada Web site:

Internet: <http://www.csc-scc.gc.ca>

or contact the Office of the Deputy Commissioner for Women at Correctional Service Canada:

Tel.: (613) 992-7033

Fax: (613) 992-4692

E-mail: nancystableforth@NHQ.csc-scc.x400.gc.ca

Correctional Program Strategy for Women Offenders

Correctional Service Canada, in collaboration with the offender, develops an individualized correctional plan for every offender in a federal institution. The goal of this plan is to reduce the chances of reoffending upon release by focussing on the factors that contributed to the criminal behaviour. The program strategy for women is designed to ensure consistency of all programming in women's institutions and to respond to the needs of women offenders, taking into account the social context of their lives. Core programs of the strategy for women are:

- *Living Skills Programming* Cognitive skills training teaches offenders thinking, problem-solving and decision-making skills. Other components are designed to prepare an offender for reintegration into the community and deal with such issues as parenting skills, anger and emotion management.
- *Substance Abuse Program for Women* This program provides a framework for both women who are ready to change their substance abuse and those who are not. The program focusses on the process of change itself rather than on the substance abuse problem.
- *Literacy and Continuous Learning Programs* include education programs that are usually provincially certified. Inmates who meet the basic secondary school requirements may also apply for college and university correspondence programs. These are normally paid for by the offenders themselves.
- *Survivors of Abuse and Trauma Programs* are designed to help an offender deal with and work through the violence that she has experienced.

For more information about these and other Correctional Service Canada programs, contact:

Tel.: (613) 943-8494

Fax: (613) 992-4692

Internet: <http://www.csc-scc.gc.ca>



Immigration and New Canadians

8.1 Immigrating to Canada: Types of Immigrants

Application kits and forms are available to individuals applying to immigrate to Canada under a variety of circumstances, including:

Family Class

The goal of Family Class immigration is to reunite families. Family Class immigrants are people sponsored by a relative to come to Canada. To qualify, the individual must be related to the sponsor as: a spouse, fiancé(e), dependent child, parent or grandparent; or orphaned brother, sister, nephew, niece or grandchild under 19 and unmarried.

Convention Refugee and Humanitarian Class

This class applies to individuals who:

- have a well-founded fear of persecution because of their race, religion, nationality, membership in a social group or political opinion;
- are outside their country of nationality, and are unable, or, because of fear of persecution, unwilling to obtain the protection of that country; or
- if they do not have a country of nationality, are outside their former residence and are unable, or, because of fear of persecution, unwilling to return to that country.

Women at Risk Program This program offers resettlement opportunities which might not otherwise be available to women whose ability to resettle is hampered by young dependent children, poor ability in either official language, poor job skills or a combination of these factors. These women usually have no family or friends to whom they can turn for support and protection and face the threat of rape or other violence to themselves or their children. Some women are in such critical situations that urgent processing is required.



Independent Class

The independent class includes business immigrants, skilled workers, and self-employed individuals. Determined by the Canadian labour market, successful applicants in this class are selected primarily for their ability to make a significant contribution to the economic, cultural and social fabric of Canada. Currently, approximately 30 per cent of skilled workers applying as independent immigrants and 17 per cent of business immigrants are women.

Selection criteria are used to assess applicants. Points are given for such things as education, specific job skills, job experience, occupation, arranged employment, age, and the ability to communicate in one or both of Canada's official languages. Applicants applying under the independent class who wish to go to Quebec should submit their application to the nearest Quebec Immigration office abroad. Applications are submitted to Canadian embassies, high commissions, or consulates.

Business Immigration Program This program has three main goals:

- to promote economic development and employment within Canada by attracting people with venture capital, business acumen and entrepreneurial skills;
- to develop new commercial opportunities and to improve access to growing foreign markets by "importing" people who are familiar with those markets and their special requirements and customs; and
- to support provincial and territorial objectives.

Business immigrants must also comply with selection criteria, which vary for each of the three business immigrant categories (entrepreneur, self-employed, investor). As well, business immigrants must meet the health and security requirements that apply to all immigrants.

In order to complete an immigration application, Canada requires a police certificate from each country in which the applicant has lived for 6 months or longer over the past 10 years, a medical examination, and supporting documents. The applicant must complete and sign all the forms in the kit and pay immigration fees (a non-refundable processing fee of \$500 for a spouse or other person 19 or older, \$100 for persons under 19 and unmarried; Right of Landing Fee of \$975 for each person 19 years of age and older). Individuals with a relative in Canada willing to sponsor them, should be aware that their sponsor will be required to complete additional forms and both persons must sign a sponsorship agreement.

For more information about immigration, as well as to obtain an immigration kit, call the nearest Citizenship and Immigration Canada Info Centre:

Toronto (416) 973-4444

Montreal (514) 496-1010

Vancouver (604) 666-2171

or, for access anywhere else in Canada:

Toll-free: 1-888-242-2100

Internet: <http://cicnet.ci.gc.ca/english/coming/emain.html>

8.2 International Adoption

International Adoption and the Immigration Process

Citizenship and Immigration Canada's guide to *International Adoption and the Immigration Process* provides a wealth of information to anyone interested in adopting a child from outside Canada. The guide begins with a general overview of adoption and immigration, provides information about provincial systems for assessing the suitability of prospective parents, and explains the steps to be taken in the sponsorship process.

For a copy of the booklet *International Adoption and the Immigration Process* or more information about the process, call the nearest Citizenship and Immigration Canada Info Centre:

Toronto (416) 973-4444

Montreal (514) 496-1010

Vancouver (604) 666-2171

or for access anywhere else in Canada:

Toll-free: 1-888-242-2100

Internet: <http://cicnet.ci.gc.ca>

National Adoption Desk

Adoption is an area of exclusive provincial and territorial jurisdiction. Anyone interested in adopting should contact the adoption authorities in their province or territory of residence. Human Resources Development Canada's National Adoption Desk acts as the Federal Central Authority under The Hague Convention on Protection of Children and Co-operation in Respect of Intercountry Adoption. Among other things, this means that, in the case of certain intercountry adoptions, the National

Adoption Desk will coordinate foreign adoptions at the request of provincial and territorial adoption authorities (except Quebec). The Desk also coordinates the exchange of information between foreign adoption authorities and their provincial and territorial counterparts.

Please note that the adoption of a foreign child requires a visa which can be obtained from Citizenship and Immigration Canada (for details see International Adoption and the Immigration Process above).

For more information on the National Adoption Desk, contact Human Resources Development Canada:

Tel.: (819) 953-8000

Fax: (819) 953-1115

Internet: <http://www.hrdc-drhc.gc.ca>

8.3 Live-in Caregiver Program

A "live-in caregiver" is someone who provides unsupervised care of children, the elderly or the disabled in a private household. The Live-in Caregiver Program provides information to individuals either interested in working in Canada as a live-in caregiver or those who would like to hire someone from outside Canada for this type of work. The program is designed to bring workers to Canada to work as live-in caregivers when there are not enough residents of Canada to fill the available positions. People wanting to work in Canada as live-in caregivers must apply for an Employment Authorization. Live-in caregivers in Canada can apply to become permanent residents after they have worked for two years.

For more information about this program, or to obtain a copy of the Live-in Caregiver Program booklet that outlines the rights and responsibilities of both the caregiver and the employer, contact the nearest Citizenship and Immigration Canada Info Centre:

Toronto (416) 973-4444

Montreal (514) 496-1010

Vancouver (604) 666-2171

or, for access anywhere else in Canada:

Toll-free: 1-888-242-2100

Internet: <http://cicnet.ci.gc.ca>

8.4 New Canadians

A Newcomer's Introduction to Canada

This book provides valuable information to anyone who has recently immigrated to Canada. Included is information on the Canadian environment, getting settled in a community, finding a job and the rights and obligations of Canadians. There is also a helpful section that describes the Canadian way of life.

For a copy of *A Newcomer's Introduction to Canada*, call the nearest Citizenship and Immigration Canada Info Centre:

Toronto (416) 973-4444

Montreal (514) 496-1010

Vancouver (604) 666-2171

or, for access anywhere else in Canada:

Toll-free: 1-888-242-2100

Internet: <http://cicnet.ci.gc.ca>

The Host Program

One of the best ways to get settled in a new community is to meet someone who lives there and can show the newcomer around. The free Host Program may be able to help. While not providing living accommodations or money, the Host Program volunteer will help newcomers learn about the Canadian way of life, including: shopping for groceries and other items; registering children for school; using local transportation; arranging television, phone and utility services; and becoming comfortable with English and French. There is also a handbook available for service provider organizations.

For more information, contact the nearest Citizenship and Immigration Info Centre:

Toronto (416) 973-4444

Montreal (514) 496-1010

Vancouver (604) 666-2171

or, for access anywhere else in Canada:

Toll-free: 1-888-242-2100

Internet: <http://cicnet.ci.gc.ca/english/newcomer/host-fs3.html>

A Workbook for Community Planning: Helping communities work together to help newcomers

This workbook helps communities that regularly receive immigrants and refugees play a role in planning and setting priorities for settlement services. The workbook is for organizations such as municipal governments, school districts, non-profit community agencies, recreation centres, health departments and employment centres, together with the agencies who provide direct settlement services. The workbook takes a group step-by-step through the planning process, using case studies, checklists, group decision-making exercises and specific tools and strategies in order to make the planning process as practical as possible.

For more information, call the nearest Citizenship and Immigration Call Centre:

Toronto (416) 973-4444
Montreal (514) 496-1010
Vancouver (604) 666-2171

or, for access anywhere else in Canada:

Toll-free: 1-888-242-2100
Internet: <http://cicnet.ci.gc.ca/english/newcomer/workbook/wbk-01e.html>

8.5 Studying in Canada: A Guide for International Students

Citizenship and Immigration Canada provides a guide for international students who would like to study in a Canadian primary, secondary, or post-secondary institution. The guide includes information on language, tuition, health insurance, financing requirements, customs benefits, where to apply and the documents required to help process an application.

To obtain a copy of this guide, call the nearest Citizenship and Immigration Canada Info Centre:

Toronto (416) 973-4444
Montreal (514) 496-1010
Vancouver (604) 666-2171

or, for access anywhere else in Canada:

Toll-free: 1-888-242-2100
Internet: <http://cicnet.ci.gc.ca>

9

Women and Multiculturalism

9.1 The Multiculturalism Program

Canadian voluntary or non-profit organizations, educational institutions, non-governmental institutions, or private sector companies (for specific, limited purposes) actively involved in developing strategies or initiatives that facilitate the full and active participation of ethnic, racial, religious and cultural communities in Canadian society, or improve the ability of public institutions to respond to such diversity, may be eligible to receive funding assistance in the form of grants and contributions. Individual Canadian citizens and landed immigrants may also apply. Please note that funding is not provided following the start up of a project.

Project proposals are assessed and recommended by Department of Canadian Heritage staff for approval by the Secretary of State (Multiculturalism)(Status of Women) who sets priorities to focus on community needs and/or emerging issues. Applicants should consult their local program officer about current priorities.

To get a copy of *Funding Application and Guidelines*, contact a program officer at one of Canadian Heritage's regional offices:

Atlantic Region

St. John's

Tel: (709) 772-5364

Fax: (709) 772-2940

E-mail: multi_stjohns@pch.gc.ca

Moncton

Tel.: (506) 851-7066

Fax: (506) 851-7079

E-mail: multi_moncton@pch.gc.ca



Charlottetown

Tel.: (902) 566-7188
Fax: (902) 566-7226
E-mail: multi_charlottetown@pch.gc.ca

Halifax

Tel.: (902) 426-2244
Fax: (902) 426-4996
E-Mail: multi_halifax@pch.gc.ca

Quebec Region

Montreal

Tel.: (514) 283-5566
Fax: (514) 496-1553
E-mail: multi_montreal@pch.gc.ca

Quebec

Tel: (418) 648-5606
Fax: (418) 648-2506
E-mail: multi_quebec@pch.gc.ca

Ontario Region

Toronto

Tel.: (416) 973-5400
Fax: (416) 954-4515
E-mail: multi_ontario@pch.gc.ca

London

Tel.: (519) 645-5190
Fax: (519) 645-5543
E-mail: multi_london@pch.gc.ca

Hamilton

Tel.: (905) 572-2355
Fax: (905) 572-4345
E-mail: multi_hamilton@pch.gc.ca

Ottawa

Tel.: (613) 996-5977
Fax: (613) 996-9255
E-mail: multi_ottawa@pch.gc.ca

Sudbury

Tel.: (705) 670-5536

Fax: (705) 671-0620

E-mail: multi_sudbury@pch.gc.ca

Thunder Bay

Tel.: (807) 346-2900

Fax: (807) 345-9731

E-mail: multi_thunderbay@pch.gc.ca

Prairies/ Northwest Territories/ Nunavut Region

Winnipeg

Tel.: (204) 983-3601

Fax: (204) 984-6996

E-mail: multi_winnipeg@pch.gc.ca

Regina

Tel.: (306) 780-7295

Fax: (306) 780-6630

E-mail: multi_regina@pch.gc.ca

Saskatoon

Tel.: (306) 975-4138

Fax: (306) 975-4675

E-mail: multi_saskatoon@pch.gc.ca

Yellowknife

Tel.: (867) 669-2800

Fax: (867) 669-2809

E-mail: multi_yellowknife@pch.gc.ca

Western Region

Edmonton

Tel.: (403) 495-3350

Fax: (403) 495-4873

E-mail: multi_edmonton@pch.gc.ca

Calgary

Tel.: (403) 292-5541

Fax: (403) 292-6004

E-mail: multi_calgary@pch.gc.ca

Vancouver

Tel.: (604) 666-0176

Fax: (604) 666-3508

E-mail: multi_vancouver@pch.gc.ca

Victoria

Tel.: (250) 363-3511

Fax: (250) 363-8552

E-mail: multi_victoria@pch.gc.ca

Kelowna

Tel: (250) 470-4833

Fax: (250) 470-4839

E-mail: multi_kelowna@pch.gc.ca

Whitehorse

Tel: (867) 667-3910

Fax: (867) 393-6701

E-mail: multi_whitehorse@pch.gc.ca

or contact the national office:

Tel.: (819) 953-1970

Fax: (819) 953-9228

E-mail: multi_canada@pch.gc.ca

Internet: <http://www.pch.gc.ca/multi/>

10

Women, Research and Policy-making

10.1 Social Sciences and Humanities Research Council of Canada (SSHRC) Programs

The Social Sciences and Humanities Research Council of Canada funds a variety of research fellowships and strategic grants. Two programs geared specifically to research about women are:

Special Research Fellowships: The Thérèse F. Casgrain Fellowship

One 12-month, non-renewable fellowship is available every second year to carry out research in the field of social justice, particularly in defence of individual rights and the promotion of the economic and social interests of Canadian women. The award consists of a \$40,000 stipend, of which up to \$10,000 may be used for travel and research expenses. To qualify:

- the fellowship must be held at a Canadian university by a researcher who is either a Canadian citizen or landed immigrant conducting research at a Canadian university; and
- the applicant must hold a doctorate or equivalent advanced professional degree at the time of taking up the award and must have proven research experience.

The next fellowship award will be announced in December, 2000.

Strategic Grant Programs: Women and Change

Strategic grants support research on issues considered to be of national importance. The Women and Change theme encourages policy-relevant research on the current social, cultural, economic, political and technological changes that affect the quality of life for women and their ability to participate fully in contemporary society. To be eligible, proposals must clearly address well-defined policy issues flowing from the objectives of this program.



For more information about special research fellowships or strategic grants and your eligibility, visit the Social Sciences and Humanities Research Council of Canada (SSHRC) website and follow the *Program Information* link. Program information found on this website should be considered as authoritative.

Internet: <http://www.sshrc.ca>

or contact the Social Sciences and Humanities Research Council of Canada:

Tel.: (613) 992-0691

Fax: (613) 992-1787

E-mail: z-info@sshrc.ca

10.2 Department of Justice Grants and Contributions Fund

Funding is available to eligible groups for Department of Justice grants and contributions for projects that promote and implement selected reforms in the justice system. (For details, see *Families and the Law*, section 7.1)

10.3 Statistics Canada: Target Groups Analysis Project

The Target Groups Analysis Project of Statistics Canada provides a wide range of data and information on women and related groups such as seniors, children, and the family, in publications such as *Women in Canada, A Portrait of Seniors in Canada, Women in the Workplace* and *Finding Data on Women: A Guide to Major Sources at Statistics Canada*.

To learn more about the Target Groups Analysis Project, contact:

Tel.: (613) 951-2603

Fax: (613) 951-0387

Internet: <http://www.statcan.ca>

10.4 Status of Women Canada

Status of Women Canada (SWC) is the federal government department responsible for promoting gender equality and the full participation of women in the economic, social, cultural and political life of the country. SWC's priorities are:

- to improve women's economic autonomy and well-being;
- to eliminate systemic violence against women and children; and
- to advance women's human rights.

To achieve its priorities, SWC works with other federal government departments and agencies as well as with many organizations in the non-governmental, voluntary, and private sectors to provide Canadians with strengthened and more equitable public policy.

SWC:

- works to ensure that legislation, policies and programs advance women's equality throughout the federal government;
- conducts gender-based analysis of legislation, policies and programs, and recommends changes to ensure that government decisions are of benefit to all Canadians, women and men equally;
- promotes the implementation of gender-based policy analysis throughout the federal government;
- promotes and monitors the progress of the status of women throughout the country;
- funds policy research and integrates the research findings into the policy development process;
- provides financial, technical and professional assistance to women's and other voluntary organizations at community, regional and national levels, in order to support actions which advance women's equality; and
- collaborates with provincial and territorial governments, international organizations and other countries, women's organizations, and other stakeholders, to address women's equality issues.

SWC also provides information on women's equality issues, through a periodic newsletter, *Perspectives*; the Governor General's Awards in Commemoration of the Persons Case, and the production and distribution of information for Women's History Month, International Women's Week, the National Day of Remembrance and Action on Violence Against Women and other commemorative events.

For more information about Status of Women Canada, contact the national office:

Tel: (613) 995-7835
Fax: (613) 957-3359
TDD: (613) 996-1322
E-Mail: vilas@swc-cfc.gc.ca
Internet: <http://www.swc-cfc.gc.ca>

Finding Data on Women: A Guide to Major Sources at Statistics Canada

This guide is designed to meet the needs of women's groups, researchers, research organizations, and equality-seeking groups for information on existing statistics and data sources that they can use in their work on the advancement of women's equality.

The guide contains information on how and where to find major surveys, analytical articles, and monographs on subjects ranging from family status and living arrangements, to housing, health, education, work and diversity.

For a copy of this guide, contact Status of Women Canada's Research Directorate:

Tel.: (613) 995-7835
TDD: (613) 996-1322
Fax: (613) 957-3359
E-mail: research@swc-cfc.gc.ca
Internet: <http://www.swc-cfc.gc.ca>

To find out more about related statistics and services, contact the Target Groups Analysis Project at Statistics Canada:

Tel.: (613) 951-2603
Fax: (613) 951-0387

Gender-based Analysis Guide

Gender-based analysis is an essential tool for ensuring that the reality of women's lives is reflected in all government policies, programs, legislation and services. Gender-based analysis has been adopted as a government-wide policy. SWC's *Gender-based Analysis: A guide for policy-making* is a hands-on working document to assist in the implementation of this government-wide policy.

For more information about gender-based analysis, or to get a copy of the guide, contact Status of Women Canada:

Tel.: (613) 995-7835
Fax: (613) 957-3359
E-mail: vilas@swc-cfc.gc.ca
Internet: <http://www.swc-cfc.gc.ca>

Policy Research Fund

Status of Women Canada's Policy Research Fund funds independent, nationally relevant, forward-thinking policy research on gender equality issues. Policy research is defined as research which identifies policy gaps, new policy questions, emerging trends and new policy issues; or research that proposes frameworks for the evaluation, analysis and critique of existing policies in order to develop concrete alternatives to these policies. The fund also allows for policy research on "urgent issues" related to gender

equality that are on the current policy agenda for which time is of the essence, and there is an opportunity to effect change.

Individuals wishing to be on the Policy Research Fund list of researchers should complete and submit the form available on Status of Women Canada's Web site. This list is used to identify researchers with specific experience and interests.

For more information, visit the Research section on Status of Women Canada's Web site:

Internet: <http://www.swc-cfc.gc.ca>

or contact:

Tel.: (613) 995-3995

Fax: (613) 957-3359

TDD: (613) 996-1322

E-mail: research@swc-cfc.gc.ca

Women's Program

This program provides financial and technical assistance to a range of women's and other non-profit and voluntary organizations in Canada who are committed to equality for women in Canadian society. Initiatives being submitted must address the program objectives. In broad terms, they must:

- promote strategies that advance women's equality within major institutions;
- help involve women's organizations in the public policy process;
- contribute to a greater public understanding of women's equality issues; and
- help women's organizations increase the effectiveness of their actions to advance equality for women.

Initiatives eligible for consideration must also:

- address one or more of the program's three areas of focus: improving women's economic status, eliminating systemic violence against women and the girl child, and achieving social justice;
- involve affected women in all aspects of the initiative and address their concerns; and
- identify other potential sources of financial and/or "in kind" support.

Proposals will be considered that are both national and regional in scope and assistance in applying for funding is available from both the national and regional offices. An

initiative is considered national if it involves at least three of the five regions of Status of Women Canada. It is recommended that the initiative be discussed with Women's Program staff early in the development process. Completed applications should be submitted to the appropriate office at least 12 weeks prior to the beginning of the initiative for which assistance is requested. Please note that funding is not provided for 100 per cent of the total costs of any initiative.

For more information on initiatives that are national in scope, contact the Women's Program at Status of Women Canada's national office:

Tel.: (613) 947-0934
Fax: (613) 947-0761
E-mail: wppf@swc-cfc.gc.ca

For information on initiatives that are regional in scope or a copy of the *Women's Program Funding Guidelines*, contact the nearest regional office:

Atlantic Region

Tel.: (506) 851-7706
Fax: (506) 851-3610
E-mail: atlcoord@nb.aibn.com

Quebec Region/Nunavut

Tel.: (514) 283-3150
Fax: (514) 283-3449
E-mail: cfcmena@interlink.net

Ontario Region

Tel.: (416) 952-2181
Fax: (416) 952-2183
E-mail: ontario.swc-cfc@pch.gc.ca

Prairies/Northwest Territories

Tel.: (780) 495-5577
Fax: (780) 495-4492
E-mail: lynnf@canuck.com

British Columbia/Yukon

Tel.: (604) 666-3465
Fax: (604) 666-0212
TDD: (604) 666-3263
E-mail: swbcyk@web.net

A copy of the *Women's Program Funding Guidelines* is also available by contacting General Enquiries at Status of Women Canada's national office:

Tel.: (613) 995-7835

TDD: (613) 996-1322

Fax: (613) 957-3359

Internet: <http://www.swc-cfc.gc.ca>

Women in Rural and Remote Communities

11.1 Entrepreneurs with Disabilities Program — Western Canada

This program ensures easy access to business services; access to loan funds up to \$75,000, for people who are unable to obtain financing from traditional lenders; as well as other support mechanisms. (For details, see Women with Disabilities, section 5.3)

11.2 Farm Women

Agriculture and Agri-Food Canada: Farm Women's Bureau

Canadian farm women's skills and their important role as economic partners are essential for a dynamic and prosperous Canadian agri-food industry. The federal government is committed to advocating and promoting the equitable representation of farm women in agricultural consultations, decision and policy making. The Farm Women's Bureau at Agriculture and Agri-Food Canada has developed key programs and services to help achieve this goal, including:

- A *Farm Women's Talent Bank* used by the Minister and Deputy Minister of Agriculture and Agri-Food when considering appointments to both voluntary and paid positions on federal agencies, boards, commissions and consultation committees. Individuals interested in representing the views of farm women in agricultural decision and policy making should submit an application form to the Talent Bank. (Applications are available from the Farm Women's Bureau.)
- *Gender-based Analysis* to assess the impact on women of the Department's programs and policies;
- A *National Information Clearinghouse for Farm Women* that provides information on key consultations processes, policy and program developments; and
- *Annual Meetings* between national farm women leaders and the Minister of Agriculture and Agri-Food.



To learn more about the Farm Women's Bureau, its programs and services, contact:

Tel.: 1-800-554-5630

Fax: (613) 759-6622

E-mail: FWB@em.agr.ca

Internet: <http://www.agr.ca>

Farm Women's Health

"Farm Family Health" Newsletter Canadian farm women want the facts on how agriculture affects their health and their family's health. Health Canada has created a newsletter called *Farm Family Health* that provides the latest information about research and scientific studies related to the health and well-being of Canadian farm families.

For more information, or to be added to the mailing list, contact Health Canada's Bureau of Reproductive and Child Health:

Fax: (613) 941-9927

Internet: <http://www.hc-sc.gc.ca/hpb/lcdc/publicat/farmfam/>

Information on the Farmer Mortality and Cancer Incidence Study Anyone wanting to know the long-term occupational risks to the health of farmers may want to get a copy of published papers about Health Canada's study of cancer incidence and mortality in farmers.

For more information, contact the Cancer Bureau at Health Canada's Laboratory Centre for Disease Control:

Tel.: (613) 957-1765

Fax: (613) 941-2057

Internet: <http://www.hc-sc.gc.ca/hpb/lcdc/bc>

11.3 Housing

Emergency Repair Program

Financial assistance for urgent house repairs to meet safety standards is available to eligible Aboriginal or other homeowners with a limited household income, living in a rural or remote area whose population is 2,500 or less or in a larger community that doesn't have a distinctive core. Non-repayable contributions are available for such things as repairs to heating systems, chimneys, doors and windows, foundations, roofs, walls, floors and ceilings, vents and louvers, plumbing and electrical systems. The total contribution depends on the cost of repairs and where the homeowner lives.

For more information, contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

Toll-free: 1-800-668-2642

TTY: 1-800-309-3388

Fax: (613) 748-4069

Internet: <http://www.cmhc-schl.gc.ca/ah-al/en/erp.html>

11.4 Rural Resource Book 1998

Individuals living in rural and remote areas of the country now have a tool to help them access federal programs and services geared to them. The *Rural Resource Book 1998* is a directory containing fact sheets on 190 programs and services offered by a variety of federal departments and agencies. The book includes information on everything from accessing capital for small business to programs for youth and seniors to special services related to safety, customs and taxes. It also includes contact numbers and Internet addresses to get more information.

For a copy of this book, or the complementary *Directory of Programs and Services*, contact the Agriculture and Agri-Food Canada's Canadian Rural Information Service:

Toll-free: 1-888-757-8725

Fax: (613) 759-6763

E-mail: cris@em.agr.ca

Internet: <http://www.rural.gc.ca> (includes Rural Resource Book updates)

12

Senior Women

In 1998, 57 per cent of all people aged 65 and over were women. The share of the senior population accounted for by women is even higher in older age ranges. In 1998, women made up 60 per cent of all persons aged 75-84 and 70 per cent of those aged 85 and older and.

12.1 Caregiver Information

Alzheimer Wandering Registry

Caregivers of individuals suffering from Alzheimer's disease, concerned that this person might wander away and become lost, may want to register the individual through their local Alzheimer Society. The RCMP's Canadian Police Information Centre keeps online records of all registered persons in order to assist police officers in identifying and returning these individuals to their home, should they become lost. The one-time fee for registration is \$25.

For more information about registration, contact the nearest Alzheimer Society, or the national office at:

Tel.: 1-800-616-8816

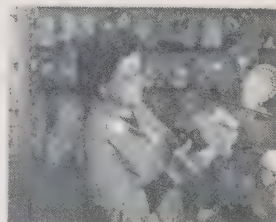
Internet: <http://www.alzheimer.ca>

Canada Caregiver Resource Inventory

This Internet-based inventory catalogues federal government initiatives, publications, research and products related to seniors and caregivers.

For more information, visit Veteran Affairs Canada's Web site:

Internet: <http://www.vac-acc.gc.ca>



12.2 Health Canada's Division of Aging and Seniors

The Division of Aging and Seniors (DAS) serves Canadians as a centre of expertise on seniors and aging issues, providing information and helping to effect change. The Division also provides operational support to the National Council on Aging (NACA), an arm's length advisory body to the Minister of Health; and to the federal/provincial and territorial ministers responsible for seniors.

Both the Division and the Advisory Council prepare a variety of publications. Among DAS's publications are:

Seniors Guide to Federal Programs and Services This free guide is geared to helping seniors who live longer, live better lives by providing them, and those who work with them, with up-to-date information about relevant federal programs and services, and contact points for further information. Topics covered in the guide include housing, pensions and other benefits and health programs.

Medication Matters: How you can help seniors use medication safely This resource helps health care professionals and interested individuals to communicate better with senior patients with low literacy skills. It includes clear communication tips and techniques, plain language health information, information sheets and handouts.

Safe Living Guide — A Guide to Home Safety for Seniors This guide provides ideas about what an individual can do to prevent injuries in and around the home. The guide looks at two main areas: home and personal safety, and is useful to both seniors and those who care for them.

Palliative Care: Info Sheet for Seniors Palliative care (sometimes called hospice care) is a special kind of health care for individuals and families who are living with a life-threatening illness, usually at an advanced stage. The palliative care info sheet answers some of the questions frequently asked by seniors about this type of care. The sheet also suggests where seniors can learn more about the services available.

NACA's publications include:

- *Position Papers*, with NACA's opinions or recommendations on current needs, concerns and issues;
- *Expression*, a thematic quarterly newsletter;
- *Info-Age*, a statistical bulletin co-produced with Statistics Canada; and
- *Writings in Gerontology*, an in-depth examination on topical issues.

For more information, or to obtain copies of publications, contact the Division of Aging and Seniors or the National Advisory Council on Aging:

Tel.: (613) 952-7606 (DAS)
(613) 957-1968 (NACA)
Fax: (613) 957-7627
E-mail: seniors@hc-sc.gc.ca
Internet: <http://www.hc-sc.gc.ca/seniors-aines>

12.3 Housing

Home Adaptation for Seniors' Independence

Homeowners aged 65 or older, or their landlords, may be eligible to receive financial assistance of up to \$2,500 to make minor adaptations to the senior's home that will help seniors get around more easily. To qualify, seniors must have difficulty with daily living activities because of diminishing abilities caused by aging and have a total household income below the income limit specified for their area. Home adaptations could include handrails in hallways, easy-to-reach work and storage areas in the kitchen, lever handles on doors, walk-in showers with grab bars and bathtub grab bars and seats.

For more information, contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

Toll-free: 1-800-668-2642
TTY: 1-800-309-3388
Fax: (613) 748-4069
Internet: <http://www.cmhc-schl.gc.ca/ah-al/en/hasi.html>

12.4 Pensions

Senior women living in Canada who meet certain conditions are entitled to a federal pension, paid monthly either by cheque or direct deposit. There are seven major federal benefits:

Canada Pension Plan (CPP)

Disability Benefits This pension is for individuals who have a physical or mental disability that is severe and prolonged and prevents them from working regularly at any job or is long-term and could lead to the individual's death. (For details, refer to Women with Disabilities, section 5.2 above.)

Retirement Pension This pension is designed to replace about 25 per cent of the earnings on which an individual paid into the Plan. Anyone can receive a CPP retirement pension if they have made at least one valid contribution to the Plan and are at least 65 years of age, or are between the ages of 60 and 64 and have substantially or completely stopped working.

Survivors Benefits There are three types of Canada Pension Plan survivors benefits that are paid to the CPP contributor's estate:

- a one-time **lump-sum death benefit** normally paid to the estate of the deceased. If there is no estate, the benefit is paid to the person responsible for paying the funeral expenses. The maximum death benefit for 1999 is \$2,500.
- a monthly **surviving spouse's pension** paid to the common-law or legal spouse of the deceased contributor. Benefits are only paid to a surviving spouse under age 35, if the spouse is disabled or has dependent children.
- a **children's benefit** which is a monthly benefit for the dependent children of the deceased contributor. This is a flat-rate amount. The child must be under age 18, or in full-time attendance at a school or university if between the ages of 18 and 25.

Contributions during Child-Rearing CPP legislation provides that months of low or zero earnings while caring for a child under the age of seven may be excluded from the contributory period. This provision ensures that reduced earnings during child-rearing years will not result in lower future pension benefits. This provision applies to those who received Family Allowances benefits or to the spouses of the Family Allowances recipient and to those who are eligible for the Canada Child Tax Benefit.

Credit-Splitting after Divorce/Legal Annulment/Separation When a relationship ends, CPP credits which the couple built up during the time they lived together can be divided equally between the spouses after divorce or legal annulment and for a couple who separate from a legal or common-law union. A splitting of credits results in a permanent amendment to each spouse's record of earnings and may affect current or future benefits.

Old Age Security (OAS) Program

Old Age Security Pension (OAS) This pension is available to an individual aged 65 and over who is a Canadian-citizen or legal resident of Canada and has resided in Canada at least 10 years after age 18. Persons no longer living in Canada may be eligible for an OAS pension if they were a Canadian citizen or legal resident at the time they left Canada. The amount of the pension is determined by how long the individual has lived in Canada. This pension is paid outside of Canada to individuals who had 20 years of residence in Canada prior to their departure.

Guaranteed Income Supplement (GIS) This pension is available to persons receiving the OAS pension who have no or very limited income. The amount of the supplement is determined by the individual's marital status and income (usually from the previous year). Please note that the GIS must be renewed each year. Starting in 1999, most seniors will be able to renew their benefit simply by filing an income tax return. Others will be sent a form that must be completed to ensure that their benefits are not interrupted. This pension is paid outside of Canada for six months plus the month of departure.

Spouse's and Widowed Spouse's Allowance (SPA) This pension is available to the spouse of an OAS pensioner or to the widow/widower, provided the applicant is between the ages of 60 and 64 and meets the residence requirements as described under the Old Age Security pension. The amount of the SPA is determined by the individual's marital status, income and spouse's income, if applicable. The SPA must be renewed each year. Starting in 1999, most seniors will be able to renew their benefit simply by filing an income tax return. Others will be sent a form that must be completed to ensure that their benefits are not interrupted. This allowance is paid outside of Canada for six months plus the month of departure.

Please note that individuals who do not apply may lose benefits they are entitled to receive. All benefits can be paid retroactively for 12 months only. Payments are received monthly, either by cheque or direct deposit and normally arrive during the last three banking days of each month.

To start benefits, a completed application form must be submitted to the nearest Human Resources Centre (listed in the Government of Canada pages of your telephone directory).

For more information about the Canada Pension Plan, contact Human Resources Development Canada:

Toll-free: 1-800-277-9914 (English)

1-800-277-9915 (French)

TDD/TYY: 1-800-255-4786

Internet: <http://www.hrdc-drhc.gc.ca/isp>

13

Veterans

Veterans Affairs Canada provides veterans, qualified civilians and their families with the benefits and services to which they are entitled in order to promote their well-being and self-sufficiency as participating members of their communities. Eligible clients include:

- members of the Canadian Forces and Merchant Navy veterans who served in the First World War, the Second World War or the Korean War;
- certain civilians who are entitled to benefits because of their wartime service;
- former members of the Canadian Forces (including those who served in Special Duty Areas) and the Royal Canadian Mounted Police; and
- survivors and dependents of military and civilian personnel.



The Department's programs and services include: pensions for disability or death, economic support in the form of allowances, health care benefits; as well as referral, information, assessment, counselling, follow-up and monitoring services. The Department also provides legal assistance to help veterans prepare and present an appeal of a decision on their case.

13.1 Disability Pension Benefits

The *Pension Act*, administered exclusively by Veterans Affairs Canada (VAC), provides pension awards to those suffering from disabilities related to military service, either during peace or war time. The pension award is based on the extent of the disability, as verified by a medical examination, and paid in accordance with rates set out in the *Act*. Spouses, widows/widowers or dependents of a veteran with such a disability may be eligible for certain allowances or benefits related to that disability. For example, special allowances are available to pensioners who require attendants or who have special clothing needs.

Survivors and Orphans Benefits

For a period of one year following the death of a disability pensioner, the pensioner's surviving spouse may receive the same pension amount being at the time of the

pensioner's death. The surviving spouse will receive a survivor's pension after that one-year term. Dependant children may be eligible for orphan benefits following a pensioner's death. Surviving widows or widowers who remarry will continue to receive survivor benefits.

13.2 War Veterans Allowance

Under the War Veterans Allowance (WVA), eligible clients receive a form of financial assistance to ensure that they are provided with a regular monthly income to meet basic needs. Eligibility is based on wartime service, age or health, income and residence. Female applicants must be age 55. An Allowance may be awarded at an earlier age if individuals are unable to fully support themselves. Applicants must reside in Canada at the time of application. WVA is paid monthly according to marital status and the number of dependents.

13.3 Additional Programs and Services

Veterans Affairs Canada clients who receive either a disability pension or War Veterans Allowance may be eligible for additional programs and services, such as the Assistance Fund, funeral and burial assistance, and health care.

Assistance Fund

When funding is not available from other sources, War Veterans Allowance recipients may receive financial help for emergencies such as shelter and health care.

Funerals, Burials and Gravemarkers

Veterans Affairs Canada provides the veteran's family with assistance for funeral and burial expenses or the provision of a grave marker if the estate's assets are insufficient or death is related to military service or a pensioned condition.

Health Care

Veterans Affairs Canada provides treatment and other health-related benefits, Veterans Independence Program benefits and services and long-term care in its one remaining departmental facility, as well as in community or contract facilities to veterans and other eligible persons.

The Health Care program is designed to enhance the quality of life of VAC clients, promote independence, and assist in keeping clients at home and in their own communities by providing a continuum of care.

Treatment and Other Health-Related Benefits Eligible veterans and other qualified clients are entitled to health care benefits under the *Veterans Health Care Regulations*. These benefits include medical, surgical and dental care, prosthetic devices, home adaptations, supplementary benefits such as travel costs for examinations or treatment and other community health care services and benefits.

Disability pensioners are provided with treatment benefits, such as prescription drugs, directly related to their pensioned condition. Treatment benefits may also be provided to clients for non-pensioned conditions when these are not covered by a provincial health plan and the VAC client is receiving services under the Veterans Independence Program (VIP), or when the veteran or eligible civilian is within the income limits defined by the *War Veterans Allowance Act*.

Veterans Independence Program (VIP) The goal of this program is to help eligible clients remain healthy and independent in their own home or community. VIP pays for services such as grounds maintenance, housekeeping, meals-on-wheels, personal care, care by health professionals, transportation for social activities and nursing home care.

Please note that VIP is not intended to replace other federal, provincial or municipal programs. It is combined with these other available services to best meet the needs of each client. The services eligible clients will receive depend on their particular circumstances and health needs.

The Veterans Review and Appeal Board

Applicants who are dissatisfied with a ruling made by Veterans Affairs Canada concerning a disability pension may ask the Veterans Review and Appeal Board (VRAB) to review the decision. The VRAB is an independent appeal tribunal that hears appeals pertaining to disability pension applications that received an unfavourable decision at the departmental level. The Board adjudicates on appeals at two levels: the review level and the appeal level, and is the final level of appeal for War Veterans Allowance decisions.

For more information about these and other veterans programs, contact the nearest Veterans Affairs Canada District or Regional Office (listed in the Government of Canada pages in your telephone directory) or the national Veterans Affairs Canada office in Charlottetown, Prince Edward Island:

Toll-free: 1-888-996-2242

Internet: <http://vac-acc.gc.ca>

or, for Veterans residing or vacationing outside Canada, call the Foreign Countries Operations Unit in Ottawa:

Tel.: (613) 996-2242

13.4 Caregiver Information

Canada Caregiver Resource Inventory

This Internet-based inventory catalogues federal government initiatives, publications, research and products related to seniors and caregivers.

For more information, visit Veteran Affairs Canada's Web site:

Internet: http://vac-acc.gc.ca/health/resource_inv.care.htm

Caregiver Video: Labour of Love

Veteran's Affairs Canada (VAC), in partnership with the National Film Board, has customized and repackaged a bilingual version of the National Film Board's award-winning caregiver film, *Labour of Love*. The video adaptation directs viewers to caregiving resources and information available through VAC and other federal departments. Copies of the VAC version of this video are available at a nominal cost by contacting VAC's Health Promotion and Education Directorate:

Tel.: (902) 566-8111

14

Women and Work

14.1 Department of National Defence: Women in the Canadian Forces

A world leader in terms of the proportion of women in its military, and the areas in which they can serve, the Canadian Forces (CF) employs some 6,800 women. Women can enrol in all occupations (including any combat occupation) and work in all environments of the CF, except submarine duty (the Oberon Class submarines cannot accommodate a mixed-gender crew) and Roman Catholic chaplaincy. The Canadian Forces is undertaking initiatives that will increase the participation of women in the CF by eliminating discriminatory practices and attitudes rather than granting special privileges and status.



Making Progress with Reforms Web Site

This Web site summarizes the initiatives the Canadian Forces has taken to improve the quality of life of CF personnel, particularly with regard to gender integration. To find out more, visit the Web site at:

Internet: http://www.dnd.ca/menu/reforms/people_e.htm

Recruiting Program

Recruitment efforts are being used to attract more women into the military, particularly within the combat arms. Issues such as maternity leave, single parenthood and special equipment needs are being examined to ensure that the Canadian Forces includes women's needs. The Army's recruiting program aims for a 25 per cent intake of women in order to obtain a critical mass for training and employment in various units.

Sexual-Harassment and Sexual-Assault Complaints Toll-Free Line

To respond to sexual-harassment and sexual-assault complaints, the Department of National Defence has established a national toll-free telephone line, where callers can

expect their complaints to be handled quickly and confidentially, without any fear of reprisal.

The toll-free numbers are:

1-800-290-1019 (English)

1-800-290-0893 (French)

Standard for Harassment and Racism Prevention (SHARP) Training Program

Every member of the Department of National Defence and the Canadian Forces is required to take SHARP training, a harassment sensitization course which covers a variety of gender issues. A gender-integration component has also been incorporated into the curricula of basic recruit and officer training and other career courses such as staff school.

For more information about Canadian Forces policy issues and programs for women, contact the Military Directorate of Gender Integration and Employment Equity:

Tel: (613) 992-6033

Fax: (613) 995-7871

Internet: <http://www.dnd.ca>

For information about employment with the Canadian Forces, contact the nearest Canadian Forces Recruiting Centre (listed in the yellow pages of your telephone directory under "Recruitment").

14.2 WITT National Network: Women in Trades, Technology, Operations and Blue Collar Work

Men still far outnumber women in trades, technology, operations and blue collar work. However, thanks to the WITT National Network (WITT NN), a non-profit organization supported by Human Resources Development Canada, more and more women are being introduced to career opportunities in these traditionally male-dominated fields. WITT NN provides education and advocacy to promote and assist in the recruitment, training and retention of women in trades, technology, operations and blue collar work across Canada. There are currently over 20 WITT groups across the country. WITT NN's initiatives include:

- *Employment Equity Training Modules* designed for government, industry, labour and community groups that want to effectively integrate employment equity into their operations;

- a customized *Employment Retention* strategy to help organizations find and keep a satisfied and skilled workforce;
- the *National Standards and Program Development Guidelines for WITT Courses and Trade Specific Courses for Women*;
- *Women in Information Technology Initiative* (WITI), a two-and-a-half year project scheduled to run until Fall 2001, that supports girls and women wishing to explore careers in information technology (IT);
- *WITT Works!* a follow-up project to WITT's successful *Construction Technology for Women* project, this project helps young women explore careers in trades, technology, operations, and blue-collar work; and
- a Quarterly newsletter, *Contact*.

For more information about WITT NN, its programs and services and the nearest WITT group, or to start a WITT group, contact:

Toll-free: 1-800-895-9488

Fax: (519) 453-2087

E-mail: info@wittnn.com

Internet: <http://www.wittnn.com>

14.3 Credit Splitting upon Divorce, Legal Annulment or Separation

Canada Pension Plan Credit Splitting

When a relationship ends, either through divorce, legal annulment or separation, Canada Pension Plan pension credits can be divided equally between each partner of a legal marriage or common-law (opposite sex) relationship, even if one spouse did not pay into the Canada Pension Plan. Pension "credits" are pensionable earnings, and the contributions an individual pays on them over the years. When a person applies for a benefit, the Canada Pension Plan uses these credits to calculate the entitlement. Since credit splitting was introduced on January 1, 1978, the rules of credit splitting have changed over time; consequently, different rules may apply to different situations.

Please note that this information applies only to couples who have worked outside Quebec. For information on Quebec Pension Plan credit splitting, contact the nearest office of La Régie des rentes du Québec.

For more information, contact the nearest Human Resources Centre of Canada (listed in the Government of Canada pages of your telephone directory), or visit Human Resources Development Canada's Web site:

Internet: <http://www.hrdc-drhc.gc.ca>

14.4 Employment Assistance

Active Re-employment Benefits

Eligible individuals who need direct help getting back into the workforce may receive active Re-employment Benefits that provide support designed to help find and keep a job. To qualify, the unemployed person must be committed to finding permanent work, currently receiving Income Benefits or have received Income Benefits in the past three years, or have received maternity or parental benefits in a period that began within the past five years. Please note receipt of active Re-employment Benefits is not automatic. Staff at the nearest Human Resources Centre will assess each person's eligibility.

Targeted Wage Subsidies Human Resources Development Canada contributes to an individual's wages in order to encourage an employer to hire the individual and provide on-the-job experience.

Self-Employment Eligible individuals who have a good idea to start their own business may receive financial support, planning assistance and ongoing support while they get their business up and running.

Job Creation Partnerships Individuals may have an opportunity to work on special projects that have been developed in partnership with their province, the private sector, labour or community groups.

Targeted Earnings Supplements Income Benefits may be topped up for a short time for unemployed individuals who take jobs that pay lower wages than their previous ones. The goal of the program is to get these individuals back to work where they have a better chance of learning new skills and moving to better paying jobs.

Skills Loans and Grants Persons who need training to upgrade their skills may be eligible for loans or grants to help with course fees and living expenses. Because training is a provincial responsibility, this benefit is only offered with the agreement of the individual provinces.

Employment Assistance Services A variety of services is available to help unemployed individuals with their job search, ranging from helping prepare a better résumé, to helping develop a practical, step-by-step action plan for getting back to work.

Special Needs Assistance Persons with a disability may be entitled to special assistance to help accommodate them in the workplace and/or help getting special devices needed in their job.

To find out more, contact the nearest Human Resource Centre of Canada (listed in the Government of Canada pages of your telephone directory), or visit the Department's Web site:

Internet: <http://www.hrdc-drhc.gc.ca>

Employment Assistance Services

Community-based, non-profit groups interested in providing employment support or an individual in need of this type of support may be eligible for assistance from Human Resources Development Canada. This program is designed to offer personalized, employment-related services to help disadvantaged people overcome such employment barriers as geographical or social isolation, age, disability and lack of experience or suitable skills.

For more information, contact the nearest Human Resources Centre of Canada (listed in the Government of Canada pages of your telephone directory), or visit Human Resources Development Canada's Web site:

Internet: <http://www.hrdc-drhc.gc.ca>

14.5 Financial Assistance

Canada Child Tax Benefit

The Canada Child Tax Benefit (CCTB) provides a tax-free monthly payment to eligible families to help them with the cost of raising children under age 18. The benefit is paid to the parent who is primarily responsible for the care of the child(ren). The CCTB consists of four components:

- the basic annual benefit;
- a supplement for each child under the age of seven;
- a supplement for the third and each additional child; and
- the National Child Benefit (NCB) supplement.

Basic Annual Benefit Until June 30, 1999, the basic annual benefit is available to families with incomes up to \$67,000. Between July 1, 1999 and July 1, 2000, the income at which this benefit is fully phased out will rise from \$67,000 to \$70,390.

National Child Benefit Supplement (NCB) In July 1998, the NCB supplement replaced the federal Working Income Supplement, which had only been available to low-income families with working income. The National Child Benefit supplement is for all low-income families, regardless of their source of income. The income at which

qualifying families will receive the full amount will increase steadily until July 2000 as indicated in Table 1 below:

Table 1

until June 30, 1999	July 1, 1999 - June 30, 2000	July 1, 2000
\$20,921	\$25,921	\$29,590

The yearly amounts of the NCB supplement are outlined in Table 2 below:

Table 2

Type	until June 30, 1999	July 1, 1999 to June 30, 2000	July 1, 2000
families with one child	\$605	\$785	\$955
families with two children	\$1,010	\$1,370	\$1,710
each additional child	\$330	\$510	\$680

Revenue Canada also administers child benefit programs on behalf of the following provinces and territories: British Columbia, Saskatchewan, New Brunswick, Nova Scotia, and the Northwest Territories. Benefits from these programs are combined each month with the CCTB into a single monthly payment. As well, Revenue Canada administers the Alberta Family Employment Tax Credit, a tax-free semi-annual payment made in January and July to families with working income that have children under age 18.

To receive benefits under the CCTB or any of the provincial/territorial programs, parents must apply to Revenue Canada after the birth or adoption of a child. Parents must also file tax returns each year to continue receiving benefits. They should complete the marital status area of their return to ensure they receive the proper benefit amount. Benefits are calculated using information from income tax returns filed by the parent who is the child's primary caregiver and, if applicable, by the spouse.

For more information and to apply, visit the nearest Revenue Canada tax service office (listed in the Government of Canada pages of your telephone directory), or call Revenue Canada's CCTB enquiry service at one of the following numbers:

Calgary (403) 233-5137 (English)
London (519) 645-4560 (English)
Montreal (514) 283-8577 (Bilingual)
Ottawa (613) 941-9300 (English)
Ottawa (613) 941-9301 (French)
Regina (306) 780-8047 (English)
St. John's (709) 772-2996 (English)
St. John's (709) 772-5900 (French)
Toronto (416) 952-2600 (English)
Vancouver (604) 669-7815 (English)
Winnipeg (204) 984-5700 (English)

or, if you live outside these areas:

Toll-free: 1-800-387-1193 (English)
1-800-387-1194 (French)
Visually impaired: 1-800-267-1267
Internet: <http://www.rc.gc.ca/cctb-gstc>

Children's Special Allowances Program

The Children's Special Allowances Program makes payments to approximately 274 federal and provincial agencies and institutions (e.g., Children's Aid Societies and individual foster parents) that care for about 44,600 children. These payments replace ones that Revenue Canada would otherwise make to parents under the Canada Child Tax Benefit Program.

For more information about this program, contact:

Toll-free: 1-800-387-1193 (English)
1-800-387-1194 (French)
Internet: <http://www.rc.gc.ca>

Goods and Services Tax/Harmonized Sales Tax (GST/HST) Credit

Persons with low or modest incomes may be eligible to receive the GST/HST credit — a tax-free payment made to help offset part or all of the sales tax on purchases of goods and services. To be eligible, individuals must be 19 years of age or married or a parent. To apply, the GST/HST application area on the first page of the income tax return must be completed.

The GST/HST credit is the total of the following:

- \$199 for an eligible client;
- \$199 for an eligible spouse or an equivalent-to-spouse claim; and
- \$105 for each eligible child.

The total amount may be reduced depending on a family's net income. Payments are made four times per year.

Revenue Canada also administers the Newfoundland Harmonized Sales Tax Credit program (NHST). There is no need to apply separately to receive this credit. For families with net incomes below \$15,000, the credit is \$40 per adult and \$60 per child under 19. The NHST is phased out at higher income levels. The credit is issued annually in October, and combined with the quarterly GST/HST credit into a single payment.

For more information, call Revenue Canada's T.I.P.S. (Info-Tax) service:

Toll-free: 1-800-959-1953 (English)

1-800-959-1954 (French)

Internet: <http://www.rc.gc.ca/cctb-gstc>

or the nearest tax services office or tax centre (listed in the Government of Canada pages of your telephone directory).

14.6 Housing

Residential Rehabilitation Assistance Program

Financial assistance in the form of a loan, part of which may not have to be repaid, is available to three groups of people:

- qualified low-income homeowners, who cannot afford adequate or suitable housing, to bring their properties up to minimum health and safety levels;
- landlords of affordable housing and owners of rooming houses to pay for repairs to meet minimum health and safety levels; and
- disabled persons to help make housing more accessible.

For more information, contact Canada Mortgage and Housing Corporation's Canadian Housing Information Centre:

Toll-free: 1-800-668-2642

TTY: 1-800-309-3388

Fax: (613) 748-4069

Internet: <http://www.cmhc-schl.gc.ca/ah-al/en/rrapdisa.html>

14.7 Income Support Programs

Family Supplement to Employment Insurance

Individuals with one or more dependent children under age 18, a family income of \$25,920 or less and who receive the Canada Child Tax Benefit, may be eligible to receive the Family Supplement as a top-up to their weekly Employment Insurance Benefits. The amount of Family Supplement benefits is based on the age and number of children and family income. For individuals receiving the Family Supplement, the maximum benefit rate is 75% of average weekly insured earnings in 1999 and is set to increase to 80% in the year 2000, compared with the standard 55% rate for other types of benefits. However, total weekly benefits cannot exceed \$413. Claimants receiving the Family Supplement are exempt from the intensity provision regardless of the extent of past reliance on Employment Insurance.

For more information, contact the nearest Human Resource Centre of Canada (listed in the Government of Canada pages of your telephone directory), or visit the Human Resources Development Canada Web site:

Internet: <http://www.hrdc-drhc.gc.ca/common/income.shtml>

Maternity, Parental and Sickness Benefits

While they are unable to work, the Employment Insurance Act provides three income support programs to individuals who have worked a minimum of 700 hours in the last 52 weeks. Each program provides financial support equal to about 55 per cent of weekly earnings but the rate could be higher for families whose income is low and who receive the Canada Child Tax Benefit from Revenue Canada.

Maternity and Parental Benefits Women who are pregnant or have recently given birth may be eligible for a maximum of 15 weeks of maternity benefits and 10 weeks of parental benefits surrounding the birth of a child. Within limits, these women can choose when they want to start collecting benefits.

Mothers and fathers who are adopting a child or caring for a newborn baby may qualify for a maximum total of 10 weeks of parental benefits. These benefits may be increased to 15 weeks if the child suffers from a physical, psychological or emotional condition that requires extended care. The benefits can be claimed by one parent or split between the two, but if they are split, each parent will have a two-week waiting period. Parental benefits are only available within the 52 weeks following the child's birth or, for adoptive parents, from the date the child arrives home.

Sickness Benefits of up to 15 weeks apply in situations where individuals are sick, injured or in quarantine and can provide a medical certificate stating how long their illness is expected to last. Anyone who is already on claim for reasons other than illness and who falls ill during this time, may qualify with less than 700 hours. Persons too ill to apply right away should contact their nearest Employment Insurance office which may be able to backdate the claim to the time their earnings stopped. Please note that while individuals can receive sickness benefits in addition to maternity or parental benefits, they can't receive more than 30 weeks of maternity, parental and sickness benefits in one benefit period.

To apply, complete an Employment Insurance (EI) application form, available at any Employment Insurance office. Individuals can apply for parental benefits at the same time they apply for maternity leave. People who are eligible to receive the family supplement will have their entitlement added automatically to their EI cheque. It should take about four weeks to receive the first cheque once all the information and documents the Employment Insurance office needs to process a claim have been provided.

For more information, visit the nearest Employment Insurance office (listed in the Government of Canada pages of your telephone directory), or visit the Human Resources Development Canada Web site:

Internet: <http://www.hrdc-drhc.gc.ca/common/income.shtml>

14.8 Youth Employment Strategy

The Youth Employment Strategy is the Government of Canada's action plan to help young Canadians access learning opportunities, career information and work experience. The Strategy brings together a number of existing programs and services for youth. It also creates new youth programs and services through partnerships with business, labour, industry, non-profit groups, communities and other levels of government. In addition, the Youth Employment Strategy assists employers who hire youth.

To find out more about Canada's Youth Employment Strategy, call toll-free or visit one of the Web sites:

Toll-free: 1-800-935-5555

Internet: <http://www.youth.gc.ca>

(Youth Resource Network of Canada)

<http://youth.hrdc-drhc.gc.ca/ythlink/ythlink.shtml>

(Youth Link)

15

Canadians Working for Women Overseas

15.1 Your Guide to Working with CIDA

Anyone interested in helping women in developing countries improve their social, political, health and economic levels should contact the Canadian International Development Agency (CIDA). CIDA contracts with private companies, individual consultants, and voluntary organizations and institutions to deliver a variety of programs in developing countries around the world. CIDA provides assistance in the form of goods, services, financial contributions, humanitarian aid, and the transfer of knowledge and skills. Examples of programs for women include: *Structural Adjustment and Gender in Africa*, *Promoting the participation of women in Vietnam*, and the *Canadian Program to Counter HIV/AIDS in Francophone Africa*.

Your Guide to Working with CIDA provides helpful information on the contracting process and contract opportunities both inside and outside CIDA.

For a copy of the guide and other information, contact Public Enquiries at CIDA:

Toll-free: 1-800-230-6349

TDD: (819) 953-5023

Fax: (819) 953-6088

E-mail: info@acdi-cida.gc.ca

Internet: <http://www.acdi-cida.gc.ca/busine-e.htm>



16

Children's Rights

16.1 Convention on the Rights of the Child

Canadian Heritage's Human Rights Program promotes the United Nations Convention on the Rights of the Child. The program aims at creating an environment conducive to the full development of children's potential. It does so by increasing awareness of the rights and responsibilities, stated in the Convention, among children, parents and those who work with families.

For more information, contact Canadian Heritage's Human Rights Program:

Tel.: (819) 997-9886

Fax: (819) 994-5252

E-mail: rights-droits@pch.gc.ca

Internet: <http://www.pch.gc.ca/ddp-hrd>



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Aboriginal Business Canada	http://abc.gc.ca
Aboriginal Community Corrections Initiative	http://www.sgc.gc.ca
Aboriginal Women's Program	http://www.pch.gc.ca
Active Re-employment Benefits	http://www.hrdc-drhc.gc.ca
Agriculture and Agri-Food Canada, Department of	http://www.agr.ca
AIDS/HIV	http://www.hc-sc.gc.ca/hiv_aids
Alzheimer Wandering Registry	http://www.alzheimer.ca
Atlantic Virtual Women's Business Bureau	http://www.bizbureau.com

B

Brighter Futures Initiative	http://www.hc-sc.gc.ca/hppb/childhood-youth
Business Development Bank of Canada	http://www.bdc.ca
Businesswomen in Trade Web Site	http://www.infoexport.gc.ca/businesswomen/menu-e.asp

C

Canada Caregiver Resource Inventory	http://www.vac-acc.gc.ca
Canada Child Tax Benefit	http://www.rc.gc.ca/cctb-gstc
Canada Education Savings Grants	http://www.hrdc-drhc.gc.ca/student_loans
Canada Millennium Partnership Program	http://www.millennium.gc.ca
Canada Mortgage and Housing Corporation	http://www.cmhc-schl.gc.ca
Canada Pension Plan	http://www.hrdc-drhc.gc.ca/isp
Canada Prenatal Nutrition Program	http://www.hc-sc.gc.ca/hppb/childhood-youth
Canada's Drug Strategy	http://www.hc-sc.gc.ca/hppb/childhood-youth
Canada Student Loans Program	http://www.hrdc-drhc.gc.ca/student_loans
Canada Study Grants	http://www.hrdc-drhc.gc.ca/student_loans
Canadian Forces	http://www.dnd.gc.ca
Canadian Heritage	http://www.pch.gc.ca
Canadian HIV/AIDS Clearinghouse	http://www.cpha.ca

Canadian Incidence Study of Reported Child Abuse and Neglect	http://www.hc-sc.gc.ca/childhood-youth
Canadian International Development Agency	http://www.acdi-cida.gc.ca
Canadian Studies Program	http://www.sshrc.ca
Canadian Women in Communications	http://www.cwc-afc.on.ca
Canadian Women's Health Network	http://www.hc-sc.gc.ca/datapcb.datawhb
Centres of Excellence for Women's Health Program	http://hc-sc.gc.ca/datapcb/datawhb/cewheng.htm
Child Care Visions	http://www.globalx.net/esp-eps
Child Restraint Systems in Motor Vehicles	http://www.tc.gc.ca/roadsafety
Child Support Initiative	http://canada.justice.gc.ca
Children's Special Allowances Program	http://www.rc.gc.ca
Commemoration of the Contribution of Women to Canadian History	http://parkscanada.pch.gc.ca/nhs/nhs_e.htm
Community Action Program for Children	http://www.hc-sc.gc.ca/hppb/childhood-youth
Community Mental Health Program	http://www.hc-sc.gc.ca/hppb/childhood-youth
Convention on the Rights of the Child	http://www.pch.gc.ca/ddp-hrd
Correctional Institutions	http://www.csc-ccc.gc.ca
Correctional Program Strategy for Women Offenders	http://www.csc-ccc.gc.ca

D

Department of Indian Affairs and Northern Development	http://www.inac.gc.ca
Department of Justice Grants and Contributions Fund	http://canada.justice.gc.ca
Department of National Defence	http://www.dnd.ca
Disability Pension Benefits (Veterans)	http://vac-acc.gc.ca

E

Emergency Repair Program	http://www.cmhc-schl.gc.ca/ah-al/en/erp.html
Employment Assistance Services	http://www.hrdc-drhc.gc.ca
Entrepreneurs with Disabilities Program — Western Canada	http://www.wd.gc.ca

F

Family Supplement to Employment Insurance	http://www.hrdc-drhc.gc.ca/common/income.shtml
Family Support Enforcement	http://canada.justice.gc.ca
Family Violence in Canada: A Statistical Profile	http://www.statcan.ca
Family Violence — Not a Private Problem	http://www.rcmp-grc.gc.ca/html/fam-vi.e.htm
Family Violence Prevention Program	http://www.hc-sc.gc.ca/nc-cn
<i>Farm Family Health</i> Newsletter	http://www.hc-sc.gc.ca/hpb/lcdc/publicat/farmfam/
Farm Women's Bureau	http://www.agr.ca
Farm Women's Talent Bank	http://www.agr.ca
Female Genital Mutilation	http://www.hc-sc.gc.ca/datapcb.datawhb
Financing a Small Business: A Guide for Women Entrepreneurs	http://www.bdc.ca

Finding Data on Women: A Guide to Major Sources at Statistics Canada <http://www.swc-cfc.gc.ca>
 First Nations Child and Family Services Program <http://www.inac.gc.ca>
 Funerals, Burials and Gravemarkers <http://vac-acc.gc.ca>

G

Gender-based Analysis Guide <http://www.swc-cfc.gc.ca>
 Goods and Services Tax/Harmonized Sales Tax (GST/HST) Credit <http://www.rc.gc.ca/cctb-gstc>
 Guaranteed Income Supplement (GIS) <http://www.rc.gc.ca/cctb-gstc>
 Guide to Federal Initiatives for Urban Aboriginal People ... http://canada.gc.ca/depts/agencies/pco/aborguide/guide_e.html
 Guide to Federal Programs and Services for Children and Youth <http://www.hc-sc.gc.ca/childhood-youth>
 (A) Guide to Federal Programs for the Film and Video Sector <http://www.pch.gc.ca/culture/english.htm>

H

Human Resources Development Canada <http://www.hrdc-drhc.gc.ca>
 Health Canada <http://www.hc-sc.gc.ca>
 Health Canada's Division of Aging and Seniors <http://www.hc-sc.gc.ca/seniors-aines>
 Her Own Way: Advice for the Woman Traveller <http://www.dfait-maeci.gc.ca/travel/consular/16009-e.htm>
 HIV/AIDS http://www.hc-sc.gc.ca/hppb/hiv_aids
 Home Adaptation for Seniors' Independence <http://www.cmhc-schl.gc.ca/ah-al/en/hasi.html>
 (The) Host Program <http://cicnet.ci.gc.ca/english/newcomer/host-fs3.html>

I

Immigration <http://cicnet.ci.gc.ca/english/coming/emain.html>
 Indian and Inuit Health Careers Program <http://www.hc-sc.ca/msb>
 Information on the Farmer Mortality and Cancer Incidence Study <http://www.hc-sc.gc.ca/hpb/lcdc/bc>
 International Adoption and the Immigration Process <http://cicnet.ci.gc.ca>
 International Child Abductions:
 A Manual for Parents http://www.dfait-maeci.gc.ca/travel/consular/child_abductions-e.htm
 Interest Relief Plan (student loans) http://www.hrdc-drhc.gc.ca/student_loans
 The Interest Relief Plan
 Extended Interest Relief
 Debt Reduction

J

Jeanne Sauvé Internships Program: Canadian Women in Communications <http://www.cwc-afc.on.ca>
 Canadian Heritage Internship Program <http://www.pch.gc.ca>
 CRTC Exchange Program <http://www.crtc.gc.ca>
 Industry Canada Exchange Program <http://strategis.ic.gc.ca>

L

Live-in Caregiver Program <http://cicnet.ci.gc.ca>

M

Making Progress with Reforms Web Site http://www.dnd.ca/menu/reforms/people_e.htm
 Maternity, Parental and Sickness Benefits <http://www.hrdc-drhc.gc.ca/common/income.shtml>
 Medical Services Branch — Health Canada <http://www.hc-sc.gc.ca/msb>
 Medication Matters: How you can help seniors use medication safely <http://www.hc-sc.gc.ca/hppb>
 Millennium Scholarships <http://millenniumscholarships.ca>
 Missing Children's Registry <http://www.childcybersearch.ca>
 Multiculturalism Program <http://www.pch.gc.ca/multi/>

N

National Aboriginal Achievement Foundation <http://www.naaf.ca>
 National Adoption Desk <http://www.hrdc-drhc.gc.ca>
 National Clearinghouse on Family Violence <http://www.hc-sc.gc.ca/nc-cn>
 National Information Clearinghouse for Farm Women <http://www.agr.ca>
 National Native Alcohol and Drug Abuse Program <http://www.hc-sc.gc.ca/msb>
 National Strategy on Community Safety and Crime Prevention <http://www.crime-prevention.org>
 Native Courtworker Program <http://canada.justice.gc.ca>
 (A) Newcomer's Introduction to Canada <http://cicnet.ci.gc.ca>
 (The) Next World Conference on Women and Sport <http://www.iwg.women-and-sport.org>
 Nobody's Perfect <http://www.hc-sc.gc.ca/hppb/childhood-youth>
 Non-Insured Health Benefits Program (Aboriginal) <http://www.hc-sc.gc.ca>
 Nutrition/Healthy Eating Program <http://www.hc-sc.gc.ca/hppb/nutrition>

O

Okimaw Ohci Healing Lodge <http://csc-scc.gc.ca>
 Old Age Security (OAS) Program <http://www.hrdc-drhc.gc.ca/isp>
 Opportunities Fund for Persons with Disabilities <http://www.hrdc-drhc.gc.ca>
 "Our Missing Children" Program <http://www.childcybersearch.org/rcmp/rcmp4.htm>

P

Palliative Care: Info Sheet for Seniors <http://www.hc-sc.gc.ca>
 Participation in Multilateral Conferences on International Indigenous Issues <http://www.dfait-maeci.gc.ca>
 Passports/Travel Documents for Children <http://www.dfait-maeci.gc.ca/passport/pass.htm>
 Pensions <http://www.hrdc-drhc.gc.ca/isp>
 Policy Research Fund <http://www.swc-cfc.gc.ca>

Population Health Fund	http://www.hc-sc.gc.ca/hppb/phdd
Postpartum Parent Support Program	http://www.hc-sc.gc.ca/hppb/childhood-youth
Prevention of HIV/AIDS	http://www.hc-sc.gc.ca/hppb/hiv_aids
Prime Minister's Awards for Teaching Excellence	http://www.schoolnet.ca
Programming for Aboriginal Inmates and Released Offenders	http://csc-ccc.gc.ca
Promotion of Breastfeeding Program	http://www.hc-sc.gc.ca/hppb/childhood-youth

R

Reaching Out: A Guide to Communicating with Aboriginal Seniors	http://www.hc-sc.gc.ca
Recruiting Program (Canadian Forces)	http://www.dnd.ca
Residential Rehabilitation Assistance Program	http://www.cmhc-schl.gc.ca/ah-al/en/ownerrrap.html
Resources for Business Women	http://strategies.ic.gc
Revenue Canada	http://www.rc.gc.ca
Rural Resource Book 1998	http://www.rural.gc.ca

S

Safe Living Guide — A Guide to Home Safety for Seniors	http://www.hc-sc.gc.ca
Self-employment Assistance Program	http://hrdc-drhc.gc.ca
Self-government Initiative	http://www.pch.gc.ca
Seniors Guide to Federal Programs and Services	http://www.hc-sc.gc.ca/seniors-aines/seniors/pubs/guide.htm
Shelter Enhancement Program	http://www.cmhc-schl.gc.ca
Standard for Harassment and Racism Prevention (SHARP) Training Program	http://www.dnd.ca
Status of Women Canada	http://www.swc-cfc.gc.ca
Statistics Canada	http://www.statcan.ca
Strategic Grant Programs: Women and Change	http://www.sshrc.ca
Studying in Canada: A Guide for International Students	http://cicnet.ci.gc.ca
Survivors and Orphans Benefits (Veterans)	http://vac-acc.gc.ca

T

Tax Deduction for Interest Paid on Student Loans	http://www.rc.gc.ca
Thérèse F. Casgrain Fellowship	http://www.sshrc.ca
Tobacco Control Initiative	http://www.hc-sc.gc.ca/hppb/tobaccoreduction
Travel/Reunification Program	http://www.childcybersearch.org
Treatment and Other Health-Related Benefits (Veterans)	http://vac-acc.gc.ca

U

Urban Native Non-Profit Housing Program	http://www.cmhc-schl.gc.ca
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V

- Veterans Affairs Canada <http://vac-acc.gc.ca>
 Veterans Independence Program
 Veterans Review and Appeal Board

W

- War Veterans Allowance <http://vac-acc.gc.ca>
 Welcome to Parenting: The First Six Years <http://www.cfc-efc.ca/fsc/>
 Women's Health Bureau <http://www.hc-sc.gc.ca/datapcb/datawhb>
 WITT National Network <http://www.wittnn.com>
 Women at Risk Program <http://cicnet.ci.gc.ca/english/coming/emain.html>
 Women's Enterprise Initiative — Western Canada <http://www.wd.gc.ca>
 Western Economic Diversification Canada (WD) <http://www.wd.gc.ca>
 Women's Program (Status of Women Canada) <http://www.swc-cfc.gc.ca>
 (A) Workbook for Community Planning: Helping communities
 work together to help newcomers <http://cicnet.ci.gc.ca/english/newcomer/workbook/wbk-01e.html>

Y

- Your Guide to Government of Canada Services and Support for Small Business <http://strategis.ic.gc/smeguide>
 Your Guide to Working with CIDA <http://www.acdi-cida.gc.ca/busine-e.htm>
 Youth Employment Strategy
 Youth Link <http://youth.hrdc-drhc.gc.ca/ythlink/ythlink.shtml>
 Youth Resource Network of Canada <http://www.youth.gc.ca>

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☐ low or modest income individuals/families

☐ new mothers/parents and children

☐ offenders

☐ seniors

☐ veterans

☐ victims of violence

☐ other, please specify _____

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Organization (if applicable) _____

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Guide for Women

Communications and Consultations

Status of Women Canada

360 Albert Street, Suite 700

Ottawa, ON K1A 1C3

